

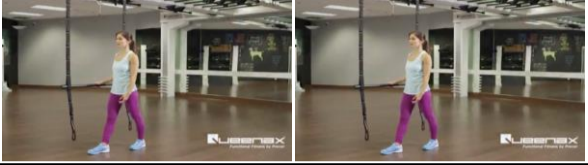
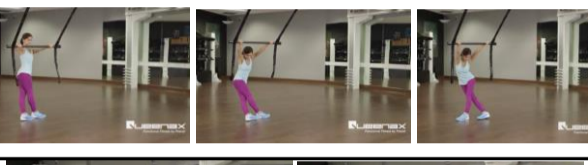
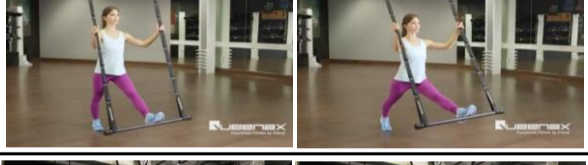

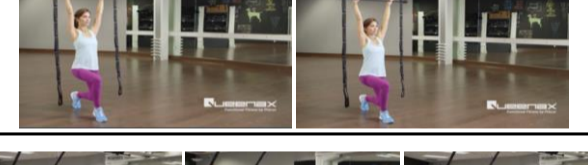
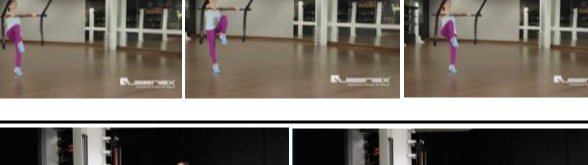
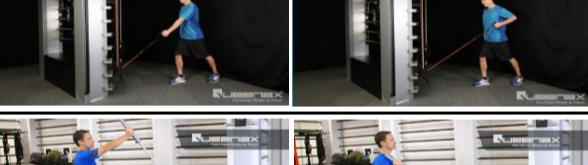


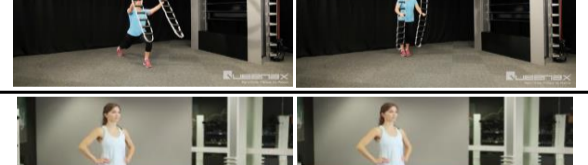


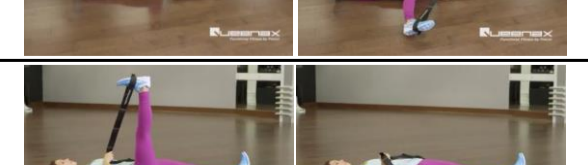
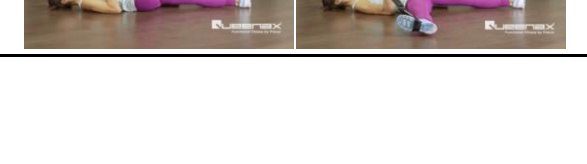


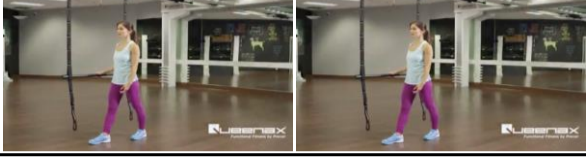

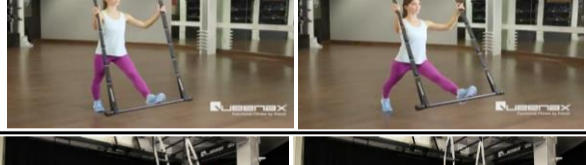

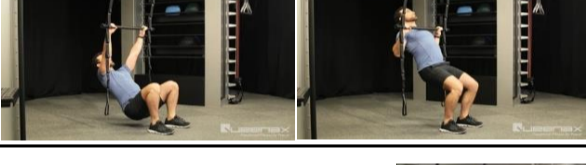
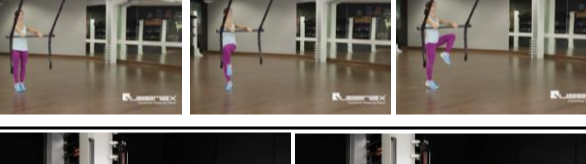
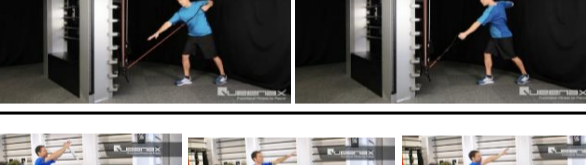


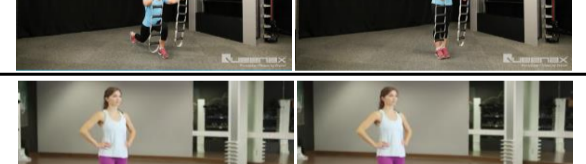
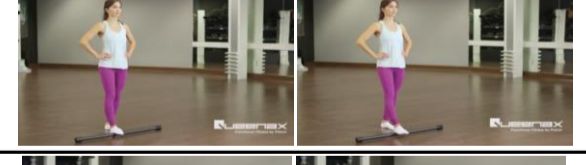

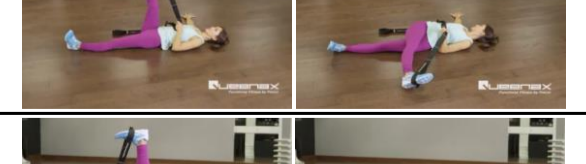




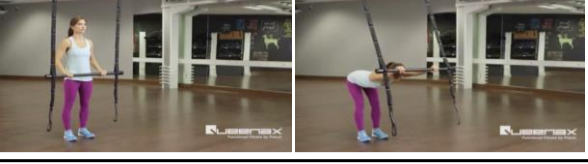
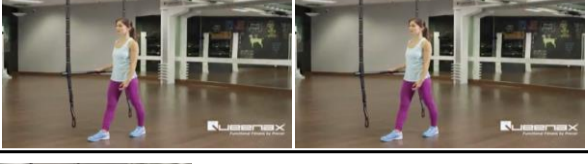

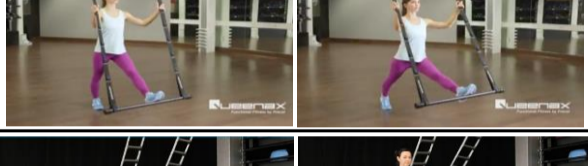
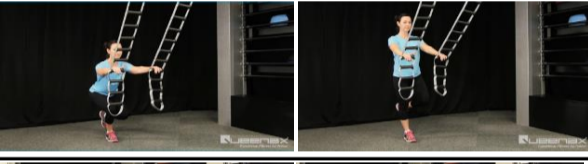
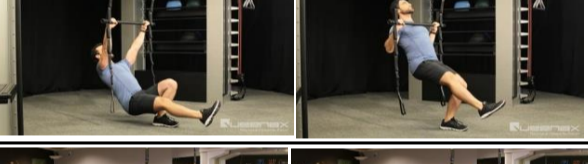



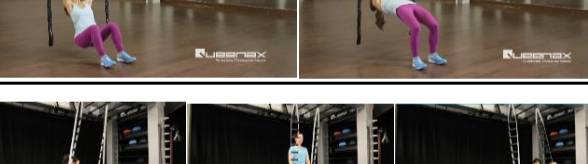


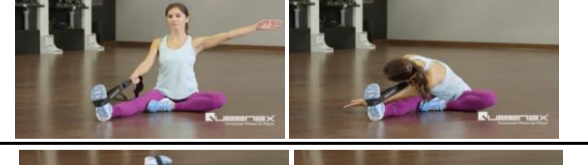
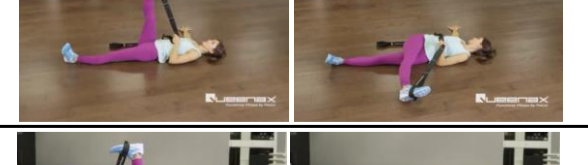

Week 1 Goal: Learn targeted movement types enhancing movement efficiency and capacity

Training Phase	Training Tool	Exercise	Time/Reps	Bar Height	Coaching Tips	
Warm-Up	Superfunctional	Glute Stretch		30 sec per side	Hip	Cross one ankle on-top of thigh as you sit back
		Hip Hinge		15 total	Hip	Maintain lumbar curve, and flex through hips
		Side Reach		30 sec per side	Hip	Maintain pressure on bar as you reach overhead
		Shoulders and Lateral Line Stretch		30 sec per side	Hip	Drive hips away from the bar
		Hamstrings		30 sec per side	Ankle	Avoid pelvis rotation as you slide leg forward
Workout - Complete 3 rounds following 30 second work interval / 30 second recovery interval	Up Strength	Assisted Squat		30 sec		Maintain pressure on handles, during a squat motion
	Superfunctional	Scapular Depression		30 sec	Overhead	Avoid hyperextending lumbar spine as you depress scapula
	Superfunctional	Marching		30 sec	Hip	Lean back and march, lift knees to chest
	Strong++	Single Side Row - Low Pull Point		30 sec		Keep torso braced in a split stance
	Torso Trainer	Single Arm Press		30 sec		Maintain square stance and stabilize through torso
	Superfunctional	Glute Bridge		30 sec	Ankle	Apply pressure down into bar while lifting hips
	Up Strength	Forward Lunge		30 sec		Maintain pressure on handles as you step forward and return
Cool Down	Superfunctional	Foot		30 sec per side	bar only	Stand with bar under foot and gently roll
		Hamstring with Rotation		30 sec per side	strap only	Extend one leg, wrap strap around foot, pull gently while reaching
		IT Band Stretch		30 sec per side	strap only	Drop you foot across body while keeping shoulders in contact with ground
		Adductor		30 sec per side	strap only	Drop foot to the side of your body while keeping shoulders in contact with ground



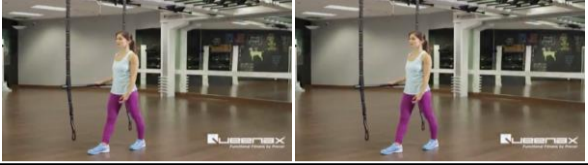

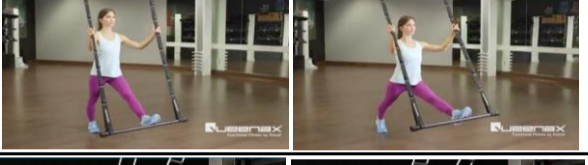
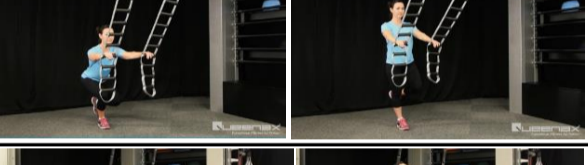

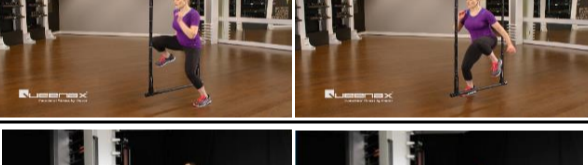
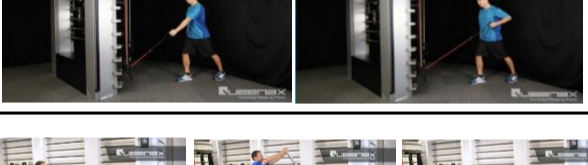
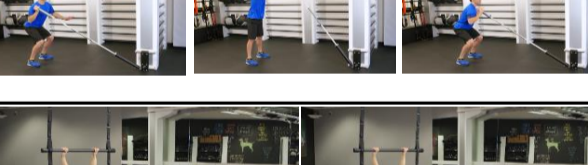




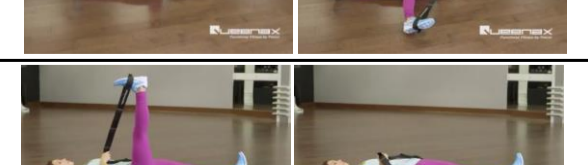
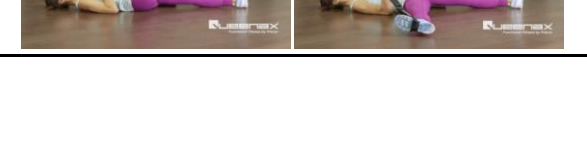
Week 2 Goal: Demonstrate progression in targeted movement types

Training Phase	Training Tool	Exercise	Time/Reps	Bar Height	Coaching Tips	
Warm-Up	Superfunctional	Glute Stretch		30 sec per side	Hip	Cross one ankle on-top of thigh as you sit back
		Hip Hinge		15 total	Hip	Maintain lumbar curve, and flex through hips
		Side Reach		30 sec per side	Hip	Maintain pressure on bar as you reach overhead
		Shoulders and Lateral Line Stretch		30 sec per side	Hip	Drive hips away from the bar
		Hamstrings		30 sec per side	Ankle	Avoid pelvis rotation as you slide leg forward
Workout - Complete 3 rounds following 30 second work interval / 30 second recovery interval	Up Strength	Squat		30 sec		Maintain pressure on handles during squat motion
	Superfunctional	Pull-Up - Legs Down		30 sec	Waist	Drop hips to floor with arms extended, keep chest high throughout exercise
	Superfunctional	Marching with Rotation		30 sec	Hip	Establish marching rhythm first, then twist lower body left to right
	Strong++	Single Side Row with Rotation - Low Pull Point		30 sec per side		Rotate at waist as you pull free arm back towards body
	Torso Trainer	Alternating Press		30 sec		Pass bar from left to right hand, while maintaining a square stance
	Superfunctional	Single Leg Glute Bridge		30 sec per side	Ankle	Apply pressure on the bar through arch of one foot
	Up Strength	Reverse Lunge		30 sec		Maintain pressure on handles while stepping backwards, and return
Cool Down	Superfunctional	Foot		30 sec per side	bar only	Stand with bar under foot and gently roll
		Hamstring with Rotation		30 sec per side	strap only	Extend one leg, wrap strap around foot, pull gently while reaching opposite arm through
		IT Band Stretch		30 sec per side	strap only	Drop you foot across body while keeping shoulders in contact with ground
		Adductor		30 sec per side	strap only	Drop foot to the side of your body while keeping shoulders in contact with ground

Week 3 Goal: Demonstrate strength development by engaging in final movement progression

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Glute Stretch		30 sec per side	Hip	Cross one ankle on-top of thigh as you sit back
		Hip Hinge		15 total	Hip	Maintain lumbar curve, and flex through hips
		Side Reach		30 sec per side	Hip	Maintain pressure on bar as you reach overhead
		Shoulders and Lateral Line Stretch		30 sec per side	Hip	Drive hips away from the bar
		Hamstrings		30 sec per side	Ankle	Avoid pelvis rotation as you slide leg forward
Workout - Complete 3 rounds following 30 second work interval / 30 second recovery interval	Up Strength	Single Leg Squat		30 sec per side		Sit back into hips, use handles for support if needed when standing
	Superfunctional	Single Leg Pull-Up - Legs Down		30 sec	Waist	Switch your support leg halfway through the work interval
	Superfunctional	Lateral High Knees		30 sec	Ankle	Move continuously from left to right foot over the bar
	Strong++	Single Side Row - Low Pull Point		30 sec per side		Keep torso braced in a split stance
	Torso Trainer	Squat - Alternating Press		30 sec		Press bar to opposite hand/arm after each squat
	Superfunctional	Hanging Hip Bridge		30 sec	Chest	Maintain scapula retraction
	Up Strength	Alternating Lateral Lunge		30 sec		Maintain pressure on handles during motion
Cool Down	Superfunctional	Foot		30 sec per side	bar only	Stand with bar under foot and gently roll
		Hamstring with Rotation		30 sec per side	strap only	Extend one leg, wrap strap around foot, pull gently while reaching opposite arm through
		IT Band Stretch		30 sec per side	strap only	Drop you foot across body while keeping shoulders in contact with ground
		Adductor		30 sec per side	strap only	Drop foot to the side of your body while keeping shoulders in contact with ground

Week 4 Goal: Demonstrate strength and cardiovascular capacity by increasing movement volume

Training Phase	Training Tool	Exercise	Time/Reps	Bar Height	Coaching Tips	
Warm-Up	Superfunctional	Glute Stretch		30 sec per side	Hip	Cross one ankle on-top of thigh as you sit back
		Hip Hinge		15 total	Hip	Maintain lumbar curve, and flex through hips
		Side Reach		30 sec per side	Hip	Maintain pressure on bar as you reach overhead
		Shoulders and Lateral Line Stretch		30 sec per side	Hip	Drive hips away from the bar
		Hamstrings		30 sec per side	Ankle	Avoid pelvis rotation as you slide leg forward
Workout - Complete 3 rounds following 45 second work interval / 15 second recovery interval	Up Strength	Single Leg Squat		45 sec per side		Sit back into hips, use handles for support if needed when standing
	Superfunctional	Single Leg Pull-Up - Legs Down		45 sec	Waist	Switch your support leg halfway through the work interval
	Superfunctional	Lateral High Knees		45 sec	Ankle	Move continuously from left to right foot over the bar
	Strong++	Single Side Row - Low Pull Point		45 sec per side		Keep torso braced in a split stance
	Torso Trainer	Squat - Alternating Press		45 sec		Press bar to opposite hand/arm after each squat
	Superfunctional	Hanging Hip Bridge		45 sec	Chest	Maintain scapula retraction
	Up Strength	Alternating Lateral Lunge		45 sec		Maintain pressure on handles during motion
Cool Down	Superfunctional	Foot		30 sec per side	bar only	Stand with bar under foot and gently roll
		Hamstring with Rotation		30 sec per side	strap only	Extend one leg, wrap strap around foot, pull gently while reaching opposite arm through
		IT Band Stretch		30 sec per side	strap only	Drop you foot across body while keeping shoulders in contact with ground
		Adductor		30 sec per side	strap only	Drop foot to the side of your body while keeping shoulders in contact with ground