
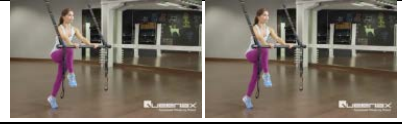
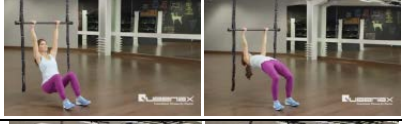

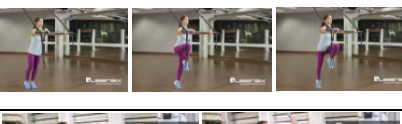






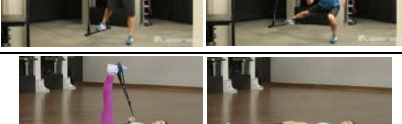



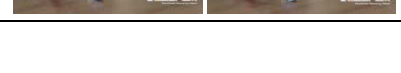




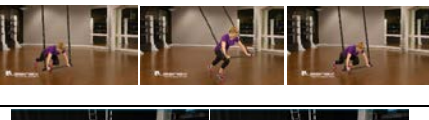














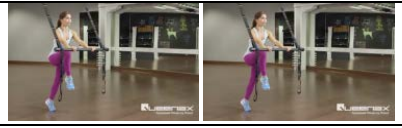
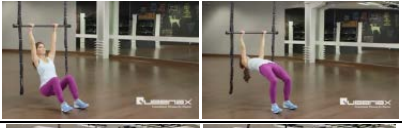
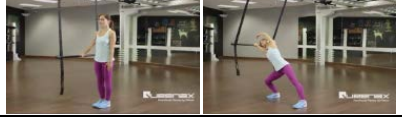



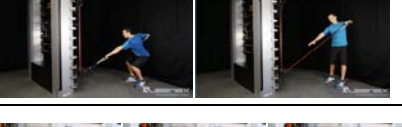
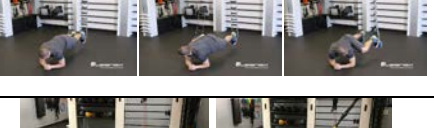
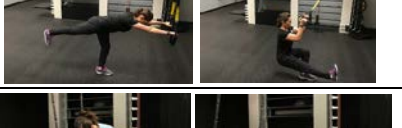






Week 1 Goal: Introduce unilateral training using Queenax apps and optionals

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Triggerpoint Foot		30s	Bar only	Control speed as roll arch of foot
		Angled Plank with alternating knee drive		12 reps ea	Hip	Maintain pressure on bar
		Hanging Hip Bridge		12 reps	Hip/Waist	Maintain scapula retraction
		Lateral Reach and Step		12 reps ea	Hip	Reach free arm overhead as push bar away from body
		Skipping		30s	Hip	Maintain pressure on bar
Workout - repeat 2 rounds; Use the left side during round 1 and right side during round 2	Torso Trainer	Single Arm Press - Category 2		45s/15s		Minimize torso rotation during press
	Plyo Platform	Step up		45s/15s		Push vertically through leg on platform
	Strong++	Single Side Row with Rotation		45s/15s		Rotate through torso as pull handle to side of body
	Up Strength	Mountain Climber		45s/15s		Maintain scapula retraction
	TRX	Hip Extension		45s/15s		Maintain pressure on handles
	Superfunctional	Asymmetric Push up		45s/15s	Ankle	Minimize lateral movement of bar during motion
	Superfunctional	Suspended Lateral Lunge		45s/15s	Ankle	Maintain pressure on bar with foot
Cool Down	Superfunctional	Hamstring		60s	Strap	Pull strap back until tension felt
		IT Band		60s	Strap	Keep opposite shoulder on mat as rotate lower body
		Adductor		60s	Strap	Keep opposite heel flexed and toe pointing to ceiling
		Half kneeling Hip Flexor Rollout		30s/side	Level 8	Maintain pressure on bar as reach forward



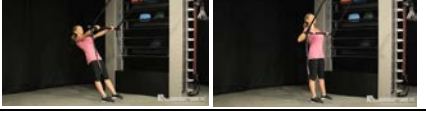
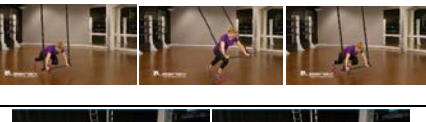








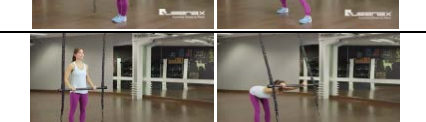
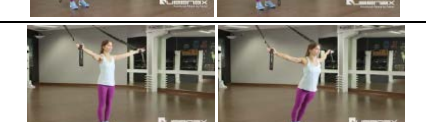

Week 2 Goal: Metabolic conditioning with bilateral emphasis using Queenax apps and optionals

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Glute Bridge		12 reps	Ankle	Elevate hips to form a straight line from shoulders to knees
		Rollout		12 reps	Hip	Maintain pressure on bar
		Assisted Squat		12 reps	Hip	Change foot position with each rep
		Row		12 reps	Hip	Keep shoulders down as finish row motion
		Up Down Mountain Climbers		12 total	Ankle	Move knees quickly to bar as travel
Workout - repeat 3 rounds, allowing for 2-3 minutes of recovery between rounds	Up Strength	Pike		30s/30s		Maintain a neutral spine
	Plyo Platform	Box Jump		30s/30s		Focus on landing softly
	Strong++	Bilateral Row with Reverse Lunge - high pull point		30s/30s		Bend both knees as pulling arms into low row
	Torso Trainer	Front Squat to Press		30s/30s		Push hips back as squat
	Superfunctional	Russian Twist		30s/30s	Bar only	Maintain tall posture during twist motion
	Superfunctional	Metabolic Jumping Pull up		30s/30s	Overhead	Quickly rebound to next jump after landing
	Superfunctional	Shuffle Under		30s/30s	Waist	Maintain neutral spine as pass under bar
Cool Down	Superfunctional	Glute Stretch		30s/side	Hip	Keep shoulders down
		Lateral Lunge with Reach Over		10 ea	Hip	Maintain pressure on bar with both hands
		Hip Hinge		10	Hip	Maintain neutral spine alignment
		Standing Chest Opener		60s	Straps only	May stagger feet for more stability

Week 3 Goal: Progression of unilateral movement ability using Queenax apps and optionals

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Triggerpoint Foot		30s	Bar only	Control speed as roll arch of foot
		Angled Plank with alternating knee drive		12 reps ea	Hip	Maintain pressure on bar
		Hanging Hip Bridge		12 reps	Hip/Waist	Maintain scapula retraction
		Lateral Reach and Step		12 reps ea	Hip	Reach free arm overhead as push bar away from body
		Skipping		30s	Hip	Maintain pressure on bar
Workout - repeat 2 rounds; Use the left side during round 1 and right side during round 2	Torso Trainer	Squat to Alternating Press - Category 3		45s/15s		Minimize rotation in spine as alternate press
	Plyo Platform	Step Ups with Jump		45s/15s		Use arms to assist with vertical jump
	Strong++	Single Side Row with Rotation and Squat		45s/15s		Rotate through torso as row arm
	Up Strength	Spider Planks - Category 2		45s/15s		Maintain neutral spine
	TRX	Diva - Same Leg		45s/15s		Maintain pressure on bar as extend hip
	Superfunctional	Asymmetric Push up Rollout		45s/15s	Ankle	Avoid hyperextending lumbar spine
	Superfunctional	Suspended Lunge		45s/15s	Ankle	Position toes on bar and reach back as lunge
Cool Down	Superfunctional	Hamstring		60s	Strap	Pull strap back until tension felt
		IT Band		60s	Strap	Keep opposite shoulder on mat as rotate lower body
		Adductor		60s	Strap	Keep opposite heel flexed and toe pointing to ceiling
		Half kneeling Hip Flexor Rollout		30s/side	Level 8	Maintain pressure on bar as reach forward

Week 4 Goal: Metabolic conditioning with bilateral emphasis using Queenax apps and optionals

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Glute Bridge		12 reps	Ankle	Elevate hips to form a straight line from shoulders to knees
		Roll out		12 reps	Hip	Maintain pressure on bar
		Assisted Squat		12 reps	Hip	Change foot position with each rep
		Row		12 reps	Hip	Keep shoulders down as finish row motion
		Up Down Mountain Climbers		12 total	Ankle	Move knees quickly to bar as travel
Workout - repeat 3 rounds, allowing for 2-3 minutes of recovery between rounds	Up Strength	Pike		35s/25s		Maintain a neutral spine
	Plyo Platform	Box Jump		35s/25s		Focus on landing softly
	Strong++	Bilateral Row with Reverse Lunge - high pull point		35s/25s		Bend both knees as pulling arms into low row
	Torso Trainer	Front Squat to Press		35s/25s		Push hips back as squat
	Superfunctional	Russian Twist		35s/25s	Bar only	Maintain tall posture during twist motion
	Superfunctional	Metabolic Jumping Pull up		35s/25s	Overhead	Quickly rebound to next jump after landing
	Superfunctional	Shuffle Under		35s/25s	Waist	Maintain neutral spine as pass under bar
Cool Down	Superfunctional	Glute Stretch		30s/side	Hip	Keep shoulders down
		Lateral Lunge with Reach Over		10 reps ea	Hip	Maintain pressure on bar with both hands
		Hip Hinge		10 reps	Hip	Maintain neutral spine alignment
		Standing Chest Opener		60s	Straps only	May stagger feet for more stability