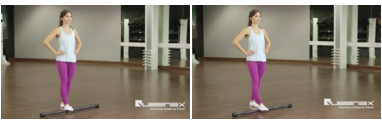

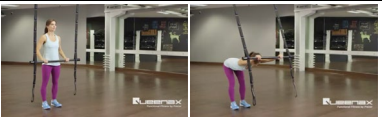

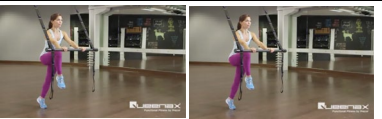
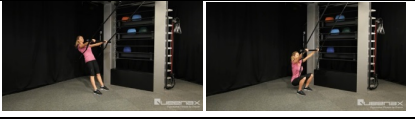

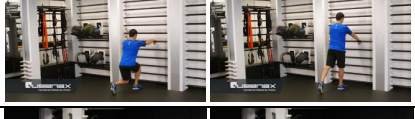
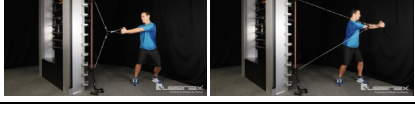
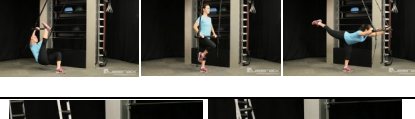
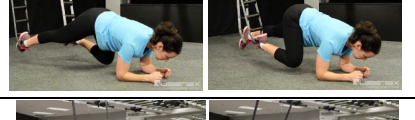
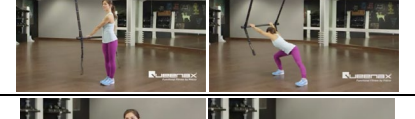


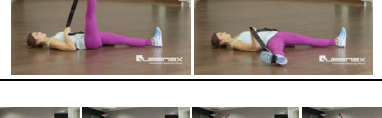




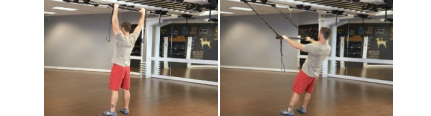






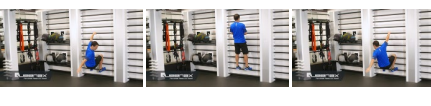


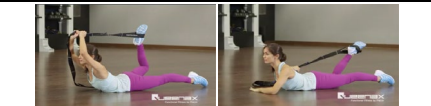




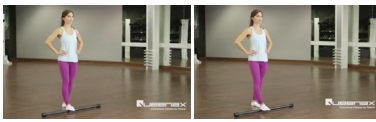

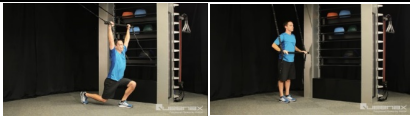





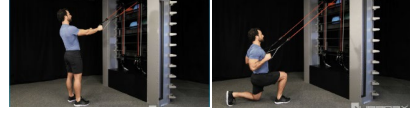

Week 1 Goal: Emphasize lower body and core endurance training

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Triggerpoint - Foot		30s	Bar only	Gently roll bar along bottom of foot
		Triggerpoint - Piriformis		30s	Bar only	Gently rock back and forth
		Hip Hinge		12	Hip	Maintain neutral spine as flex at hip
		Hanging Hip Bridge		12	Waist	Maintain scapula retraction
		Angled Plank with alternating knee drive		10 ea	Hip	Avoid hyperextending spine
Workout - repeat 3 rounds with minimal recovery between rounds	Superfunctional	Assisted Squat		40s/20s	Thigh	Maintain straight arms during movement
	Mobile Parallel	Push up		40s/20s		Avoid hyperextending spine
	Wall Bar	Split Squat		40s/20s		Keep torso tall as kneel
	Strong++	Straight Arm Torso Rotation		40s/20s		Rotate hips with upper body and head
	Superfunctional	Diva - same leg		40s/20s	Waist	Maintain pressure on bar as hip hinge
	Up Strength	Mountain Climber		40s/20s		Maintain scapula retraction
	Superfunctional	Lateral Lunge with Reach Over		40s/20s	Hip	Allow upper body to rotate independent of hip position
Cool Down	Superfunctional	Hamstring with Rotation		30s per side	Hip	Drive arm across body
		Lying Quadriceps		30s per side	Strap only	Avoid hyperextending spine
		Adductor		30s per side	Strap only	Flex and extend knee to vary stretch
		Half Kneeling Chest Opener		30s per side	Bar only	Avoid hyperextending spine





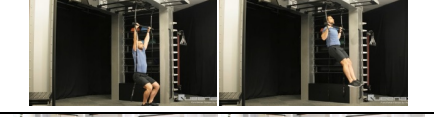

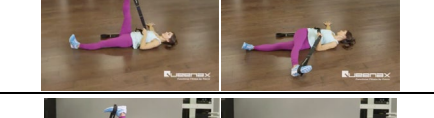
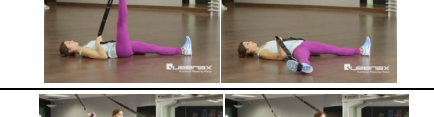

Week 2 Goal: Emphasize upper body endurance training

Training Phase	Training Tool	Exercise	Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Shoulders and Lateral Line Stretch 	30s per side	Hip	Maintain scapula retraction
		Standing Obliques 	8 ea	Head	Keep hands and bar close to head during movement
		Hip Hinge with Twist 	8 ea	Hip	Rotate head as lift arm to ceiling
		Y's 	10	Knee	Finish movement by retracting scapula
		Superman 	10	Ankle	Explode through hips
Workout - repeat 3 rounds with minimal recovery between rounds	Superfunctional	Scapular Depression 	40s/20s		Maintain straight arms
	Mobile Parallel	Push up 	40s/20s		Avoid hyperextending spine
	Superfunctional	High Row 	40s/20s		Avoid elevating traps during row
	Strong++	Single Side Upper Body Push - low pull point 	40s/20s		Minimize rotation in torso during press
	Superfunctional	Sit up 	40s/20s		Apply pressure into bar as sit up
	Wall Bar	Squat to Rotational Reach 	40s/20s		Rotate head as reach with arm
	Superfunctional	Tricep Press 	40s/20s		Maintain core engagement
Cool Down	Superfunctional	Hamstring with Rotation 	30s per side	Hip	Drive arm across body
		Lying Quadriceps 	30s per side	Strap only	Avoid hyperextending spine
		Adductor 	30s per side	Strap only	Flex and extend knee to vary stretch
		Half Kneeling Chest Opener 	30s per side	Bar only	Avoid hyperextending spine

Week 3 Goal: Progress lower body and core endurance training exercise selection; challenge metabolic capacity

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Triggerpoint - Foot		30s	Bar only	Gently roll bar along bottom of foot
		Triggerpoint - Piriformis		30s	Bar only	Gently rock back and forth
		Alternating Single Leg Plank		10 ea	Ankle	Avoid hyperextending spine
		Overhead Lunge		10 ea	Waist	Maintain pressure into bar as lunge
		Balance Jumps		8 ea	Ankle	Land with flexed knee and hip
Workout - repeat 3 rounds with minimal recovery between rounds	Superfunctional	Suspended Squat		40s/20s	Ankle	Position elbows at or slightly below shoulder height
	Mobile Parallel	Push Through - category 3		40s/20s		Finish push through with scapula retraction
	Plyo Platform	Step up		40s/20s		Maintain tall spine during step
	Torso Trainer	Standing Rotation with Straight Arms		40s/20s		Pivot through feet as rotate bar
	Strong++	Bilateral Row with Reverse Lunge - high pull point		40s/20s		Emphasize single leg drive from lunge stance
	Up Strength	Spider Plank - category 2		40s/20s		Avoid hyperextending spine
	Superfunctional	Lateral High Knees		40s/20s	Ankle	Bound continuous over bar without rest
Cool Down	Superfunctional	Hamstring		30s per side	Strap only	Maintain a level pelvis during stretch
		IT Band Stretch		30s per side	Strap only	Flex and extend knee to vary stretch
		Adductor		30s per side	Strap only	Flex and extend knee to vary stretch
		Standing Chest Opener		60s	Straps only; no bar	Avoid hyperextending spine

Week 4 Goal: Progress upper body endurance training exercise selection; challenge metabolic capacity

Training Phase	Training Tool	Exercise	Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Shoulders and Lateral Line Stretch 	30s per side	Hip	Maintain scapula retraction
		Standing Obliques 	8 ea	Head	Keep hands and bar close to head during movement
		Hip Hinge with Twist 	8 ea	Hip	Rotate head as lift arm to ceiling
		Y's 	10	Knee	Finish movement by retracting scapula
		Superman 	10	Ankle	Explode through hips
Workout - repeat 3 rounds with minimal recovery between rounds	Superfunctional	Jump Assisted Pull up 	40s/20s	Overhead	Slowly lower body to ground after pull up
	Mobile Parallel	Single Leg Push up 	40s/20s		Avoid rotation of hips
	Superfunctional	Single Side Row with Rotation and Squat 	40s/20s	Knee	Position hand in the middle of the bar
	Up Strength	Pike 	40s/20s		Maintain scapula engagement
	Superfunctional	Roll out 	40s/20s	Hip	Avoid hyperextending spine
	Wall Bar	Climbing 	40s/20s		Maintain 2-3 points of contact as climb
	Superfunctional	Bicep Curls 	40s/20s	Hip	Maintain scapula retraction
Cool Down	Superfunctional	Hamstring 	30s per side	Strap only	Maintain a level pelvis during stretch
		IT Band Stretch 	30s per side	Strap only	Flex and extend knee to vary stretch
		Adductor 	30s per side	Strap only	Flex and extend knee to vary stretch
		Standing Chest Opener 	60s	Straps only; no bar	Avoid hyperextending spine