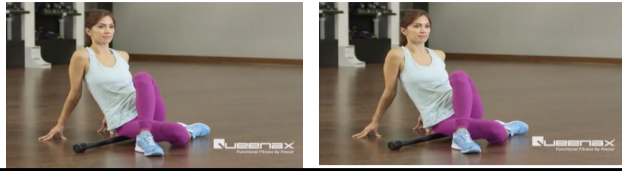

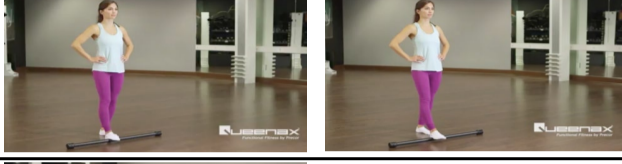
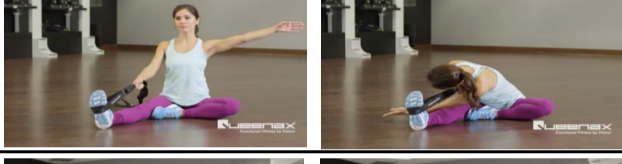

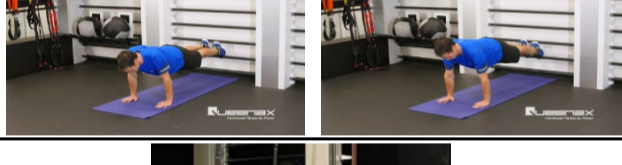
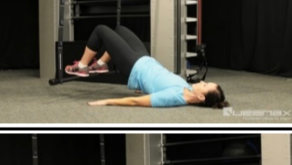
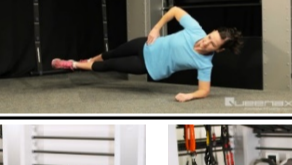



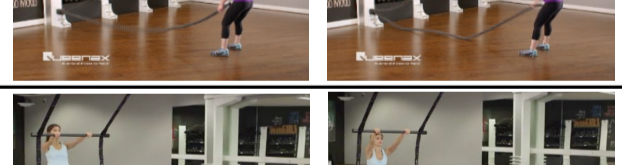
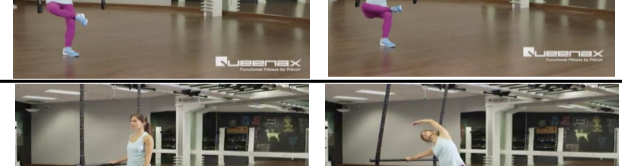
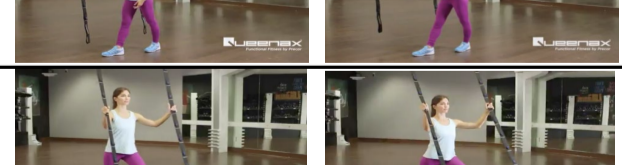

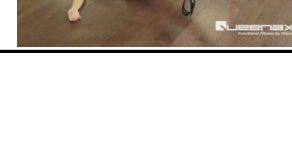



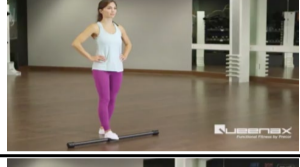







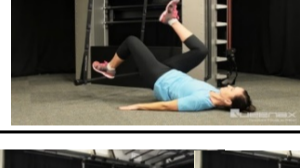
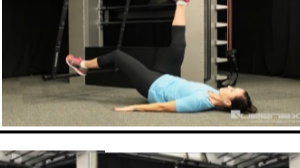

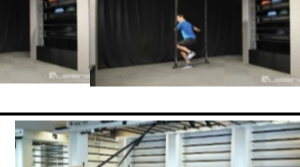
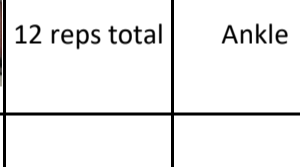
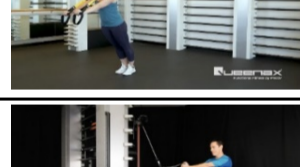
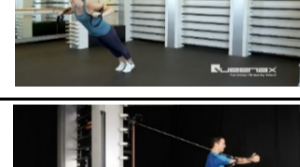





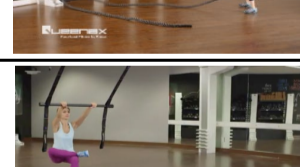
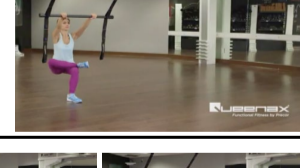
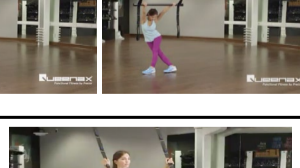
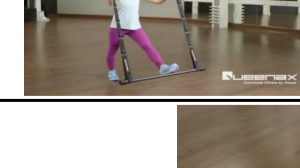
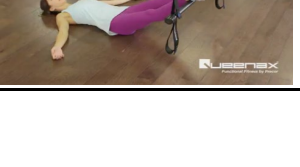






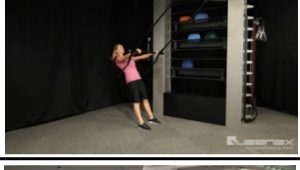







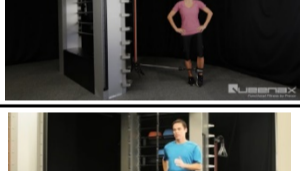
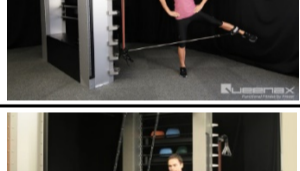








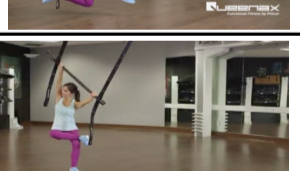









Week 1 Goal: Focus on core control (scapular and core stability) through use of various apps and optionals

Training Phase	Training Tool	Exercise	Time/Reps	Bar Height	Coaching Tips	
Warm-Up	Superfunctional	Trigger Point Piriformis		30 sec per side	Bar only	Sit on bar and cross one leg over the other; gently roll on piriformis
		Trigger Point Calves		30 sec per side	Bar only	Sit on floor with straight legs and position bar on calves; gently roll
		Trigger Point Foot		30 sec per side	Bar only	Gently roll bar along bottom of foot
		Hamstring with Rotation		30 sec per side	Strap only	Reach arm out to opposite side and then pull across body
		Half Kneeling Chest Opener		30 sec	Strap only	Hold bar overhead and side bend left to right
Workout - 2 rounds for 12 reps or for assigned time	Wall Bars	Plank with Protraction /Retraction		12 reps total		Avoid hyperextending spine in plank position
	Superfunctional	Glute Bridge		12 reps	Ankle	Apply pressure into bar through feet
	Superfunctional	Side Plank		30 sec	Ankle	Keep chest open
	Wall Bar	Push-Up		12 reps		Avoid hyperextending spine during push up movement
	Torso Trainer	Rollout on Knees		12 reps		Engage lat muscles as push bar away / pull bar in
	Superfunctional	Up-Down Mountain Climbers		12 reps total	Ankle	Find rhythm in movement and travel forward and backward
	Battle Rope	Alternating Waves		12 reps each arm		Maintain scapula retraction
Cool Down	Superfunctional	Glute Stretch		30 sec per side	Hip	Cross one ankle on top of other thigh and sit back
		Side Reach		30 sec per side	Hip	In split stance, position one hand on bar and push bar away
		Hamstrings		30 sec per side	Level 9	Set one foot on bar and hold straps
		Suspended Corpse Pose		60 sec	Level 8	Relax!




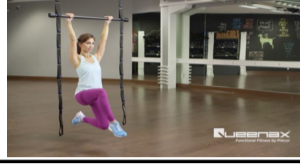
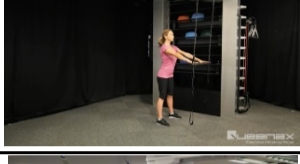
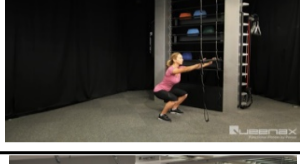
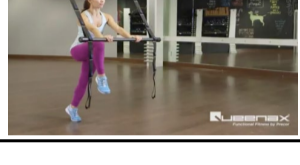
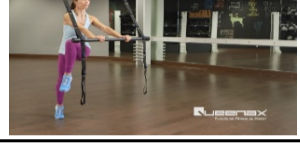

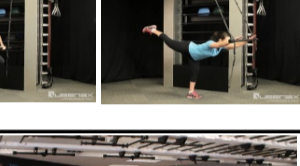


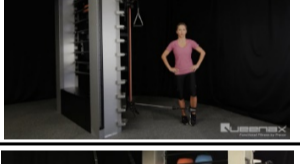
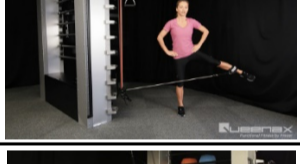
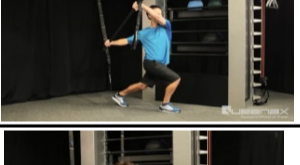


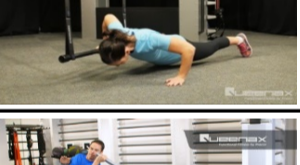



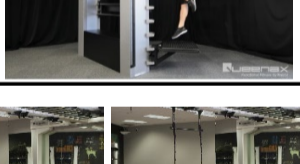
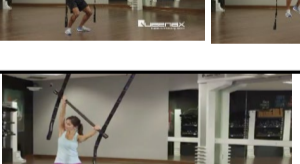
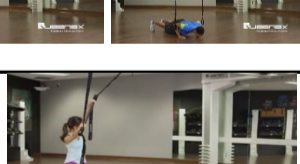



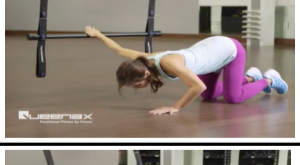
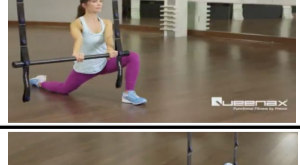



Week 2 Goal: Introducing progression of scapular and core control, as well as implementation of different movement types

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Trigger Point Piriformis	 	30 sec per side	Bar only	Sit on bar and cross one leg over the other; gently roll on piriformis
		Trigger Point Quadriceps	 	30 sec per side	Bar only	Gently roll bar on top of thigh
		Trigger Point Foot	 	30 sec per side	Bar only	Gently roll bar along bottom of foot
		Split Squat with Chest Opener	 	30 sec per side	Strap only	In split stance, hold strap tight overhead and extend chest
		Hip Hinge	 	30 sec	Hip	Flex at hip, maintaining pressure on bar as push away from body
Workout - 3 rounds for 12 reps or assigned time	Up Strength	Row	 	12 reps		Squeeze shoulders back and down
	Superfunctional	Single Leg Glute Bridge with Hamstring Curl	 	12 reps	Ankle	Avoid torso rotation in single leg position
	Superfunctional	Balance Jumps - Category 3	  	12 reps total	Ankle	Land softly and stabilize each rep
	TRX	Angled Push-Up	 	12 reps		Avoid hyperextending the spine
	Strong++	Straight Arm Torso Rotation	 	12 reps each side		Let the hips follow the shoulders as you rotate
	Suspension Abs	Single Leg Raise	 	12 reps each side		Maintain scapula retraction
	Battle Rope	Single Rope Waves with Side Shuffle	 	6 reps each direction		Keep the rope movement light and quick as you shuffle side to side
Cool Down	Superfunctional	Glute Stretch	 	30 sec per side	Hip	Cross one ankle on top of other thigh and sit back
		Shoulders and Lateral Line Stretch	  	30 sec per side	Hip	Turn sideways and put one foot in front of other; sink hips away from anchor
		Hamstrings	 	30 sec per side	Level 9	Set one foot on bar and hold straps
		Suspended Corpse Pose		60 sec	Level 8	Relax!

Week 3 Goal: Demonstrate mastery of movement types with added stability challenge

Training Phase	Training Tool	Exercise			Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Trigger Point Piriformis			30 sec per side	Bar only	Sit on bar and cross one leg over the other; gently roll on piriformis
		Scapular Depression			15 reps	Overhead	Stand in split squat, allowing elevation and retraction of shoulder blades
		Assisted Squat			15 reps	Waist	Change your foot position with each rep
		Angled Plank with Cross-Body Knee Drive			12 per side	Hip	Drive knee to opposite elbow while maintaining tall posture
		Lateral Lunge with Reach Over			12 per side	Hip	Stand perpendicular to bar and push bar away as step into lunge
Workout - 3 rounds for 12 reps or assigned time	Up Strength	Is, Ys, Ts and Ms - Category 3					Avoid hyperextending your lumbar spine
	Strong++	Standing Abduction			12 reps per side		Keep your base knee and hip in slight flexion during exercise
	Superfunctional	Suspended Lateral Lunge			12 reps per side	Ankle	Maintain pressure on the bar with one foot
	Superfunctional	Suspended Push-Up			12 reps	Ankle	Avoid hyperextending your spine
	Torso Trainer	Standing Rotation with Straight Arms			12 reps per side		Let the hips follow the shoulders as you rotate
	Plyo Platform	Toe Taps - Category 2			12 reps per side		Land soft and quickly switch feet to tap the platform
	Superfunctional	Hanging Switch			30 sec	Overhead	Maintain scapula retraction as you swing
Cool Down	Superfunctional	Glute Stretch with Rotation			30 sec per side	Hip	Cross one ankle on top of other thigh and sit back; rotate torso left to right
		Side Reach			30 sec per side	Hip	In split stance, position one hand on bar and push bar away
		Hamstrings			30 sec per side	Strap only	Lie on back and loop strap on one foot; pull leg back until tension is felt
		Suspended Corpse Pose with Sway			60 sec	Level 8	Relax!

Week 4 Goal: Introduce metabolic challenge through Category 3 and Sport Skill Play movements

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips	
Warm-Up	Superfunctional	Trigger Point Foot			30 sec per side	Bar only	Gently roll bar along bottom of foot
		Hanging Scapular Depression			12 reps	Overhead	Lift legs and hold in suspension as elevate and depress shoulder blades
		Squat			15 reps	Ankle	Change your foot position with each rep
		Angled Plank with Crossbody Knee Drive			10 per side	Hip	Drive knee to opposite elbow while maintaining tall posture
		Diva - Same Leg			12 per side	Waist	Hinge from one leg and extend arms forward
Workout - 4 rounds for 12 reps or assigned time	Monkey Bars	Hang			30 sec		Hang for goal time of 30 sec and then land in soft squat
	Strong++	Standing Abduction			12 reps per side		Keep your base knee and hip in slight flexion during exercise
	Superfunctional	Lunge with Rotation			12 reps per side	Waist	Maintain pressure on bar as rotate
	Superfunctional	Asymmetric Push-Up			12 reps	Ankle	Complete one side per round - equaling twice per side in workout
	Torso Trainer	Under Hooks			6 reps per side		Shift bar to one hand and perform undercut while rotating across torso
	Plyo Platform	Step Ups with Jump			12 reps per side		Step up onto platform and explode through push leg
	Superfunctional	Burpie Pull-Ups			12 reps total	Overhead	Maintain core engagement during transition from bar to ground
Cool Down	Superfunctional	Glute Stretch with Rotation			30 sec per side	Hip	Cross one ankle on top of other thigh and sit back; rotate torso left to right
		Quadruped Chest Stretch			30 sec per side	Level 8	Press into bar and roll it away from body
		Half Kneeling Hip Flexor Rollout			30 sec per side	Level 8	Position both hands on bar and push bar forward extending through hip
		Suspended Corpse Pose with Sway			60 sec	Level 8	Relax!