





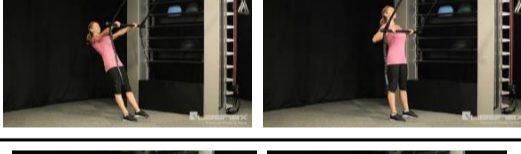






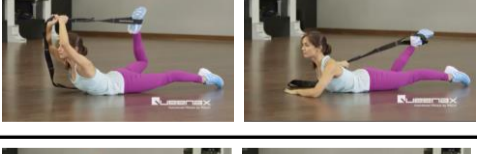
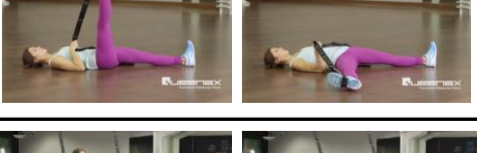
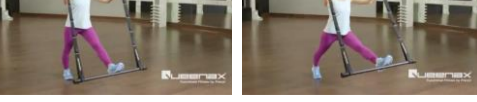






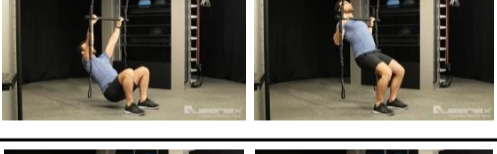






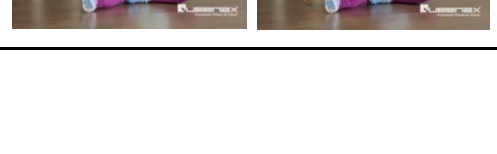


**Week 1 Goal: Introduce Movement Types**


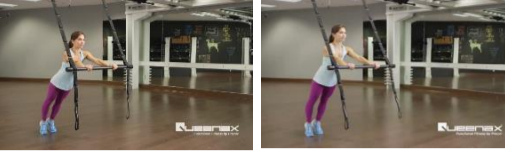


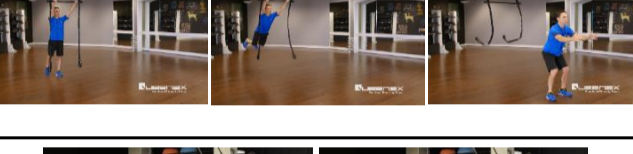
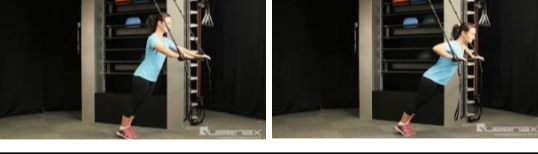
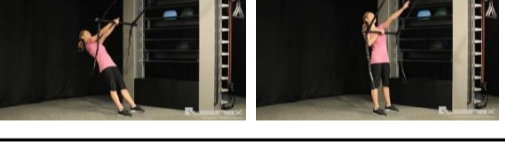


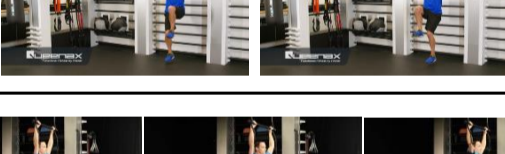


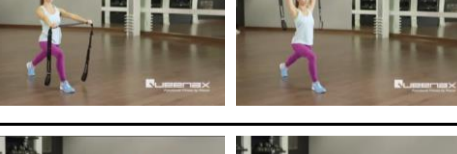

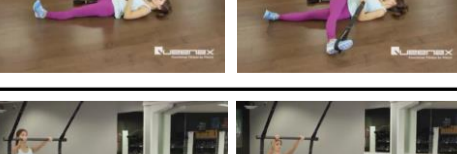
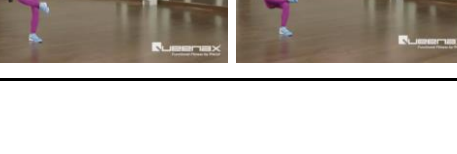
Training Phase	Training Tool	Exercise	Time/Reps	Bar Height	Coaching Tips	
Warm-Up	Superfunctional	Hip Hinge		15 total	Hip	Move scapula with control
		Angled Plank with Alternating Knee Drive		10 per side	Hip	Hold angled plank position and alternate lifting knees to chest
		Side Facing Squat with Lateral Ward		10 per side	Waist	Maintain downward pressure on bar during squat motion
		Scapular Depression		15 total	Overhead	Avoid arching lower back during scapula motion
		Hanging Supported Swing		10 total	Head	Flex knees and run under bar, keeping arms straight
Workout - Complete 2 rounds of 45 seconds work / 15 seconds recovery	Mobile Parallels	Push-Ups		45 sec	Hip	Bend elbows and bring chest toward hands and press back to start
	Superfunctional	Row		45 sec	Knee	Lean back with arms extended and pull chest to bar
	Superfunctional	Assisted Squat		45 sec	Thigh	Lean body back and drop bottom to ground
	Plyometric Platform	Step-Ups		45 sec		Face platform and step up on to it
	Mobile Parallels	Mountain Climbers		45 sec	Low	Hold both grips and alternate knee drive forward
	Mobile Parallels	Hanging Switch		45 sec	High	Drive one knee up and allow body to rotate to one side, alternate sides
	Battle Rope	Single Rope Wave with Squat		45 sec		Hold one side of rope and lower body into squat as slam
Cool Down	Superfunctional	Half Kneeling Chest Opener		30 sec per side	Bar only	Maintain tall posture during stretch
		Lying Quadriceps		30 sec per side	Strap only	Elevate foot to intensify stretch
		Adductor		30 sec per side	Strap only	Flex and extend knee to vary stretch
		Hamstrings		30 sec per side	Strap only	Pull on strap to raise heel toward ceiling

**Week 2 Goal: Demonstrate progression of Week 1 Movement Types**



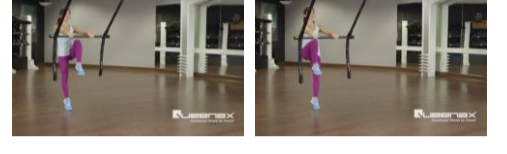

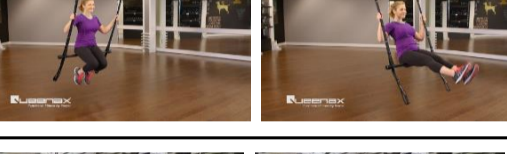


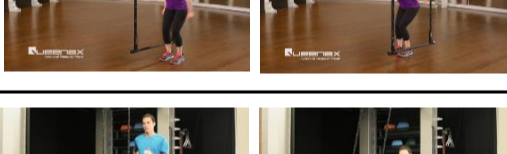
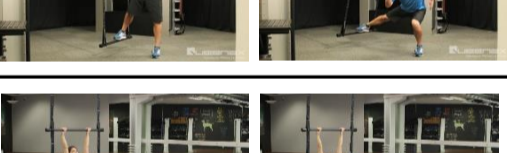
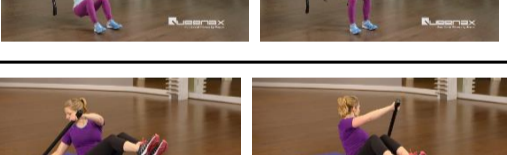
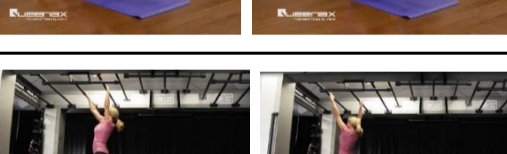
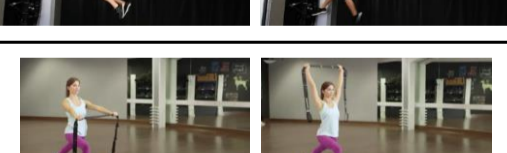
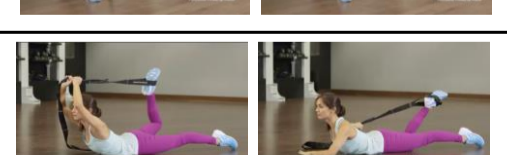
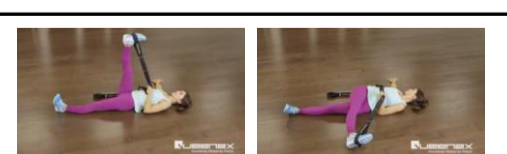


Training Phase	Training Tool	Exercise	Time/Reps	Bar Height	Coaching Tips	
Warm-Up	Superfunctional	Hip Hinge		15 total	Hip	Move scapula with control
		Angled Plank with Cross-body Knee Drive		10 per side	Hip	Hold angled plank position and alternate lifting knees across midline
		Shuffle Under		10 per side	Waist	Maintain neutral spine and squat under bar
		Scapular Depression		15 total	Overhead	Avoid arching lower back during scapula motion
		Hanging Swing		5 rounds of 3 swings	Head	Lift legs and swing back and forth
Workout - Complete 2 rounds of 45 seconds work / 15 seconds recovery	Mobile Parallels	Single Leg Push-Ups		45 sec	Hip	Lift one leg during push motion, maintaining a neutral spine
	Superfunctional	Pull-Up - Legs Down		45 sec	Waist	Drop bottom to floor and pull chest high to bar
	Superfunctional	Suspended Squat		45 sec	Level 9	Stand on bar and hold onto straps, lower into squat position
	Plyometric Platform	Multi-Planar Step-Ups		45 sec		Facing platform, step up to single leg and down laterally; step up laterally repeat
	Superfunctional	Glute Bridge		45 sec	Level 9	Position mid foot on bar and lift hips toward ceiling
	Superfunctional	Windshield Wipers - Category 2		45 sec	Knee	From sitting position, lean back and perform windshield wiper motion with legs
	Superfunctional	Balance Jumps - Category 3		45 sec	Level 9	Stand on one leg and jump over bar, maintaining 5 second hold
Cool Down	Superfunctional	Half Kneeling Chest Opener		30 sec per side	Bar only	Maintain tall posture during stretch
		Lying Quadriceps		30 sec per side	Strap only	Elevate foot to intensify stretch
		Adductor		30 sec per side	Strap only	Flex and extend knee to vary stretch
		Hamstring with Rotation		30 sec per side	Strap only	Drive opposite arm under strap



**Week 3 Goal: Provide continued exercise progression and play based challenges**

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Hip Hinge		15 total	Hip	Move scapula with control
		Angled Plank with Walk Back		10 per side	Hip	Hold angled plank position and walk feet backwards until tension felt
		Marching		10 per side	Hip	Lean back and hold bar at chest height, lifting knees to chest
		Scapular Depression		15 total	Overhead	Avoid arching lower back during scapula motion
		Lache		3 rounds	Overhead	After forward and backward swing, leap off bar and land in squat position
Workout - Complete 2 rounds of 45 seconds work / 15 seconds recovery	Superfunctional	Angled Push-Up		45 sec	Thigh	With straight arms, lean body forward into angled plank
	Superfunctional	Single Side Row		45 sec	Knee	Hold bar with one hand and maintain plank position as pull body to bar
	Superfunctional	Seated Squat Jump		45 sec	Level 9	Sit on bar and push off into jump, landing softly with flexed knees
	Superfunctional	Overhead Lunge		45 sec	Waist	With hands wide on bar, step into lunge and reach bar overhead
	Mobile Parallels	High Hang with Cycling Feet - Category 3		45 sec	High	Hang facing away from wall bars and move both feet in circular pattern as if pedaling
	Superfunctional	Hanging Switch - Category 3		45 sec	Overhead	Lift and bend legs to form two 90 degree angles, alternating legs with each twist
	Superfunctional	Flip		45 sec	Waist	Perform a press up and lean forward to initiate flip; repeat
Cool Down	Superfunctional	Split Squat With Chest Opener		30 sec per side	Strap only	In staggered stance, hold one strap tight and elevate arms overhead
		Lying Quadriceps		30 sec per side	Strap only	Elevate foot to intensify stretch
		IT Band Stretch		30 sec per side	Strap only	Drop foot across body while rotating torso in opposite direction
		Glute Stretch		30 sec per side	Hip	Cross one ankle on opposite knee and sit back into hips

**Week 4 Goal: Demonstrate enhanced flexibility, core, strength, and power**

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Hip Hinge		15 total	Hip	Move scapula with control
		Up-Down Mountain Climbers		10 total	Level 9	Alternate knees to bar quickly, moving body forward and backward
		Skipping		10 per side	Hip	Keep tension on bar while skipping and alternating legs
		Scapular Depression		15 total	Overhead	Avoid arching lower back during scapula motion
		Swing		15 total	Thigh	Sit on bar and hold straps; walk backward and start forward swing motion
Workout - Complete 2 rounds of 45 seconds work / 15 seconds recovery	Superfunctional	Superman		45 sec	Level 8 or 9	Squat down while leaning forward and push out into roll out
	Superfunctional	Jump-Assisted Pull-Up		45 sec	Overhead	Jump to assist pull-up motion and slowly lower body
	Superfunctional	Lateral Jumps		45 sec	Level 9	Stand sideways next to bar and jump laterally over bar
	Superfunctional	Suspended Lateral Lunge		45 sec	Level 9	Set foot on bar and push bar laterally while bending opposite leg
	Superfunctional	Hanging Hip Bridge		45 sec	Waist	Hanging with chest directly under bar, drop hips to ground and up
	Superfunctional	Russian Twists - Category 2		45 sec	Bar only	In seated position, lean back and rotate bar side to side tapping it to ground
	Monkey Bars	Forward Pass		45 sec		Move across the monkey bars, reaching from bar to bar with alternating arms
Cool Down	Superfunctional	Split Squat With Chest Opener		30 sec per side	Strap only	In staggered stance, hold one strap tight and elevate arms overhead
		Lying Quadriceps		30 sec per side	Strap only	Elevate foot to intensify stretch
		IT Band Stretch		30 sec per side	Strap only	Drop foot across body while rotating torso in opposite direction
		Glute Stretch		30 sec per side	Hip	Cross one ankle on opposite knee and sit back into hips