



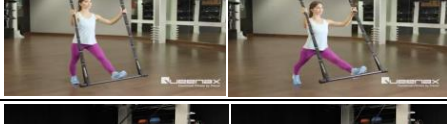

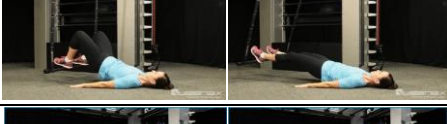




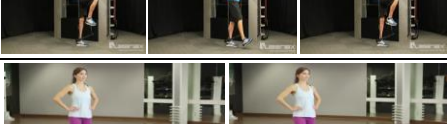
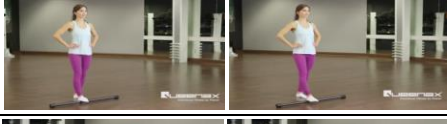




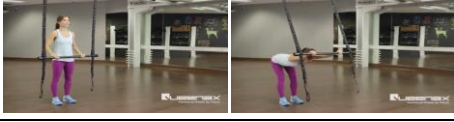
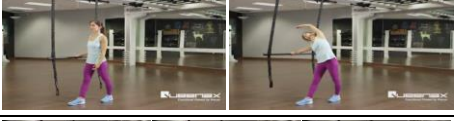

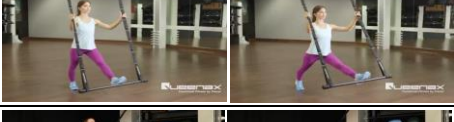






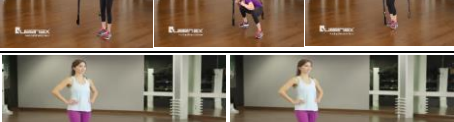


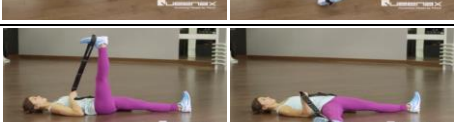




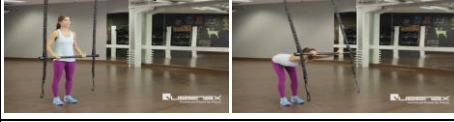
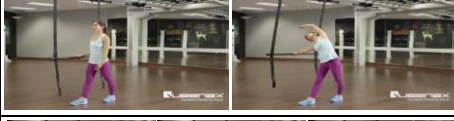

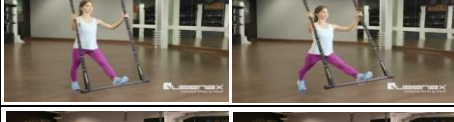
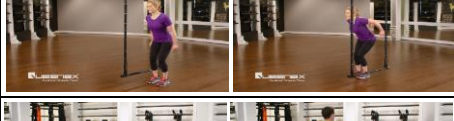


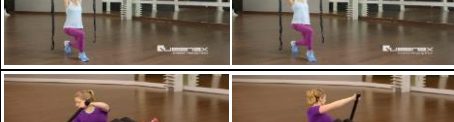





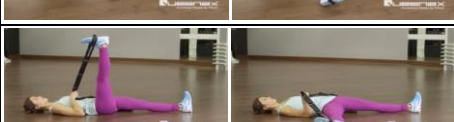
Week 1 Goal: Introduce mobility and basic movement types

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 sit back
		Hip Hinge		15 total	Hip	Maintain lumbar curve as flex through hips
		Side Reach		30 sec per side	Hip	Maintain pressure on bar as reach overhead
		Shoulders and Lateral Line Stretch		30 sec per side	Hip	Drive hips away from bar
		Hamstrings		30 sec per side	Ankle	Avoid pelvis rotation as slide leg forward
Workout - 2 rounds; 40 seconds work / 20 seconds recovery per exercise	Superfunctional	Assisted Squat		40 sec	Thigh	Keep body slightly angled away from bar as squat
	Superfunctional	Hamstring Curl		40 sec	Ankle	Position mid foot on bar
	Strong++	Bilateral Push - high pull point		40 sec		Press both arms forward into a chest press
	Superfunctional	Row		40 sec	Knee	Keep shoulders down during row motion
	Strong++	Bent Arm Torso Rotation - high-low connect		40 sec		Allow hips and shoulders to follow arms as rotate
	Superfunctional	Angled Plank		40 sec	Hip	Maintain downward pressure on the bar
	Superfunctional	Step Over - category 3		40 sec	Ankle	Lift knee and foot up and over bar while maintaining balance
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	Drop foot across body while keeping shoulders in contact with ground
		IT Band Stretch		30 sec per side	strap only	Drop foot across body while keeping shoulders in contact with ground
		Adductor		30 sec per side	strap only	Drop foot to side of body while keeping shoulders in contact with ground


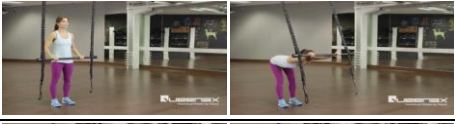
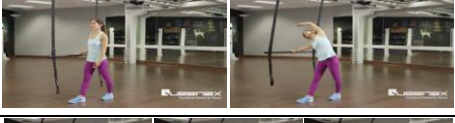

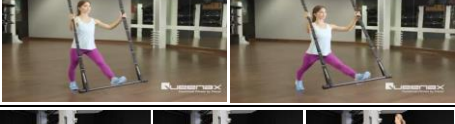






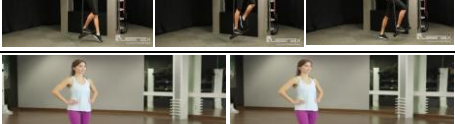




Week 2 Goal: Progress basic movement types through movement amplification or app/optional change

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 sit back
		Hip Hinge		15 total	Hip	Maintain lumbar curve as flex through hips
		Side Reach		30 sec per side	Hip	Maintain pressure on bar as reach overhead
		Shoulders and Lateral Line Stretch		30 sec per side	Hip	Drive hips away from bar
		Hamstrings		30 sec per side	Ankle	Avoid pelvis rotation as slide leg forward
Workout - 3 rounds; 40 seconds work / 20 seconds recovery per exercise	Superfunctional	Split Squat		40 sec	Hip	Maintain pressure on bar during squat
	Superfunctional	Glute Bridge		40 sec	Ankle	Elevate hips to form straight line between shoulders and knees
	Mobile Parallels	Push up		40 sec		Avoid hyperextending spine
	Up Strength	Row		40 sec		Keep shoulders down during row motion
	Strong++	Anti Rotation - high-low connect		40 sec		Resist torso rotation as press away from body
	Mobile Parallels	Mountain Climbers		40 sec		Avoid hyperextending spine
	Superfunctional	Shuffle Under		40 sec	Ankle	Keep chest high as squat under bar
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	Drop foot across body while keeping shoulders in contact with ground
		IT Band Stretch		30 sec per side	strap only	Drop foot across body while keeping shoulders in contact with ground
		Adductor		30 sec per side	strap only	Drop foot to side of body while keeping shoulders in contact with ground

Week 3 Goal: Provide additional movement progression with exercise amplification (movement plane/complexity)

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 sit back
		Hip Hinge		15 total	Hip	Maintain lumbar curve as flex through hips
		Side Reach		30 sec per side	Hip	Maintain pressure on bar as reach overhead
		Shoulders and Lateral Line Stretch		30 sec per side	Hip	Drive hips away from bar
		Hamstrings		30 sec per side	Ankle	Avoid pelvis rotation as slide leg forward
Workout - 3 rounds; 40 seconds work / 20 seconds recovery per exercise	Superfunctional	Lateral Jump		40 sec	Ankle	Maintain foot pressure on bar
	Strong++	Deadlift - low pull point		40 sec		Drive hips backward and maintain straight arms
	Superfunctional	Angled Push up		40 sec	Hip	Lean body into bar to perform push up
	Superfunctional	Scapular Depression		40 sec	Overhead	Stand in a split squat to support body weight
	Superfunctional	Russian Twist - category 2		40 sec	bar only	Maintain tall posture in seated position
	Superfunctional	Roll out		40 sec	Hip	Avoid hyperextending spine
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	Drop foot across body while keeping shoulders in contact with ground
		IT Band Stretch		30 sec per side	strap only	Drop foot across body while keeping shoulders in contact with ground
		Adductor		30 sec per side	strap only	Drop foot to side of body while keeping shoulders in contact with ground

Week 4 Goal: Demonstrate optimal movement capacity and fitness

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 sit back
		Hip Hinge		15 total	Hip	Maintain lumbar curve as flex through hips
		Side Reach		30 sec per side	Hip	Maintain pressure on bar as reach overhead
		Shoulders and Lateral Line Stretch		30 sec per side	Hip	Drive hips away from bar
		Hamstrings		30 sec per side	Ankle	Avoid pelvis rotation as slide leg forward
Workout - 4 rounds; 40 seconds work / 20 seconds recovery per exercise	Plyo Platform	Step ups		40 sec		Drive through leg on platform
	Strong++	Pull Through		40 sec		Maintain lumbar curve as bend at hips
	Torso Trainer	Alternating Press - category 2		40 sec		Press bar into full extension and pass to opposite hand
	Superfunctional	Pull-up - legs down		40 sec	Waist	Keep chest high as pulling up
	Torso Trainer	Standing Rotation with Straight Arms		40 sec		If needed, may bend elbows as rotate
	Superfunctional	Angled Plank with In/Out Hand Walk		40 sec	Hip	Keep bar stable as walk hands in and out
Superfunctional	Suspended Front and Back Taps - category 3		40 sec	Ankle	Maintain tall posture	
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	Drop foot across body while keeping shoulders in contact with ground
		IT Band Stretch		30 sec per side	strap only	Drop foot across body while keeping shoulders in contact with ground
		Adductor		30 sec per side	strap only	Drop foot to side of body while keeping shoulders in contact with ground