

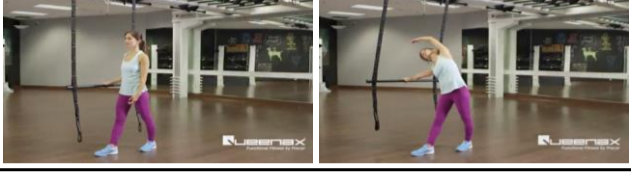

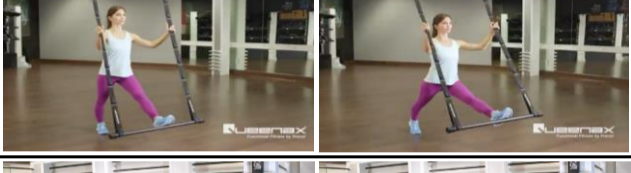





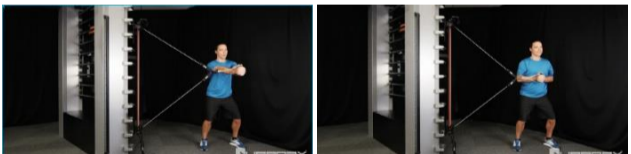
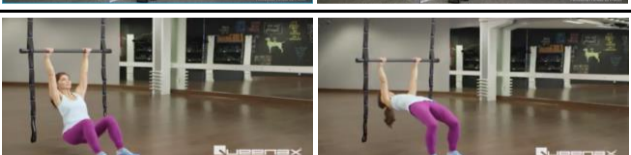
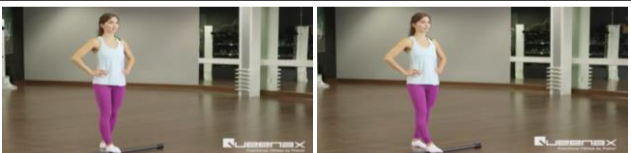
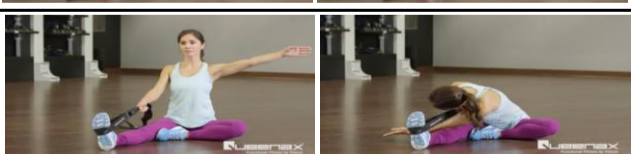

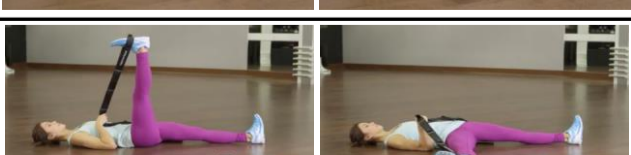


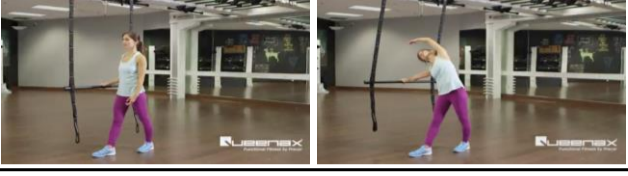

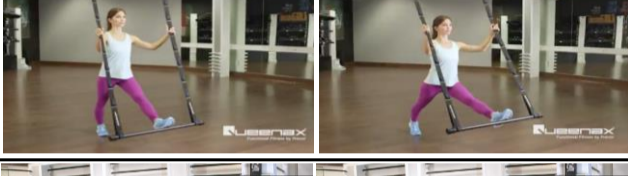

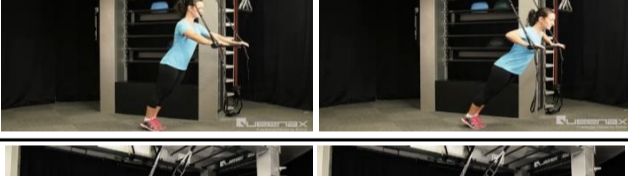
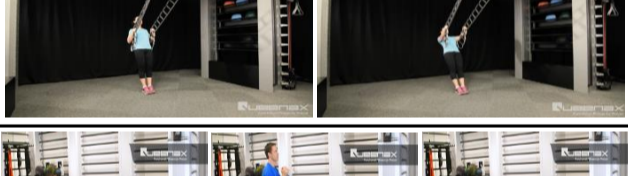


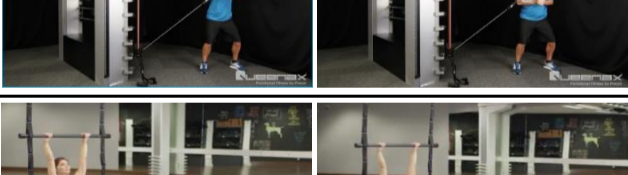
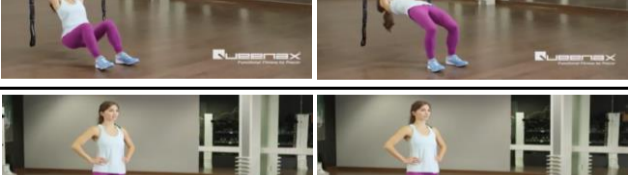


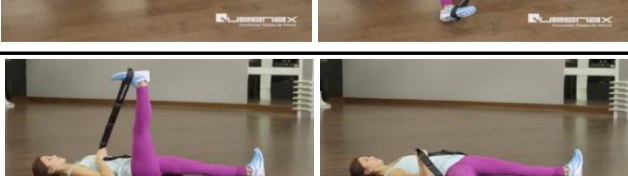
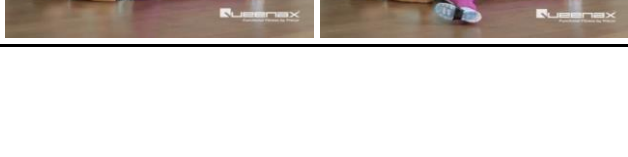


**Week 1 Goal: Introduce movement patterns, core bracing, and scapula stabilization**

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
		Hamstring		30 sec per side	Ankle	Avoid pelvis rotation as slide leg forward
Workout - 4 rounds; 12 reps or suggested time per exercise	Torso Trainer	Front Squat		12 reps		Begin in squat position and hold training bar with both hands
	Superfunctional	Angled Push-Up		12 reps	Thigh	Avoid hyperextending spine
	Up Strength	Row		12 reps		Maintain core stability during pull movement
	Torso Trainer	Alternating Reverse Lunge		12 reps per side		From standing position, step back into a lunge
	Superfunctional	Angled Plank		30 sec	Hip	Avoid hyperextending spine
	Strong++	Anti-Rotation		12 reps per side		Maintain stable pelvis and torso during movement
	Superfunctional	Hanging Glute Bridge		12 reps	Waist	Maintain scapula retraction
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



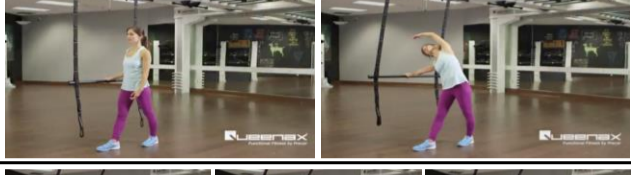

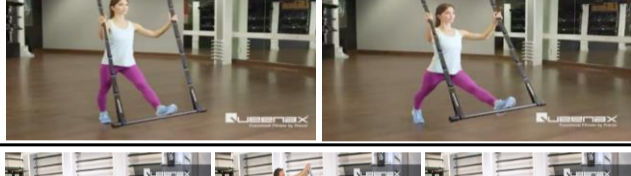

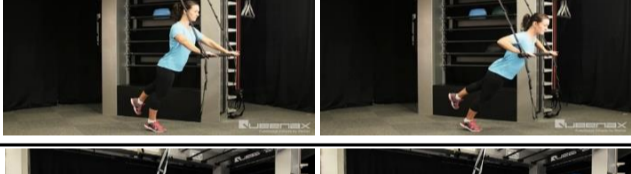

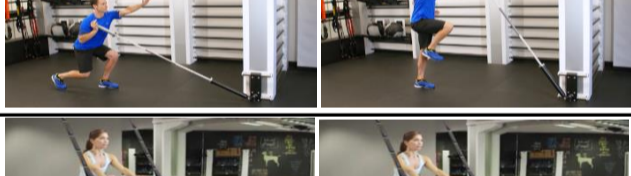
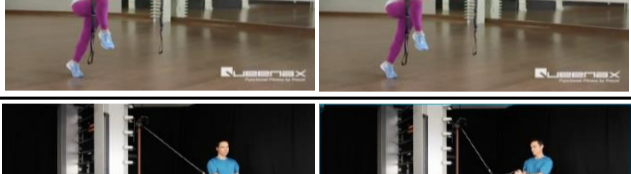
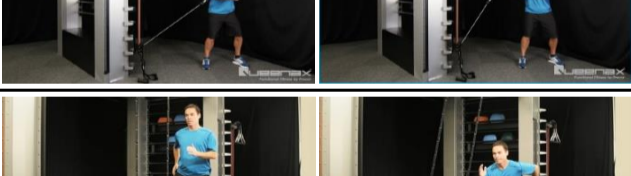
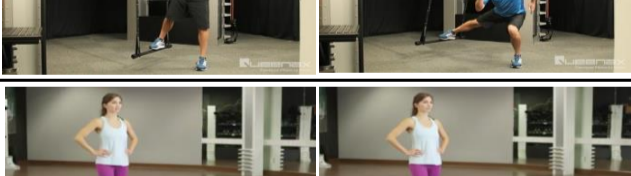
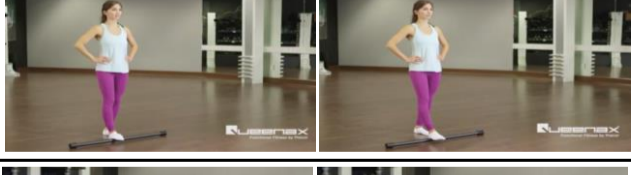
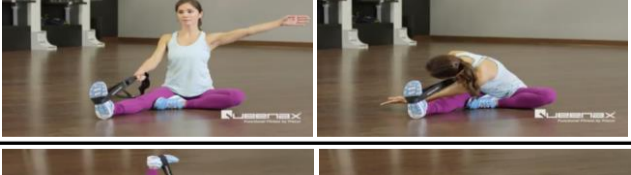
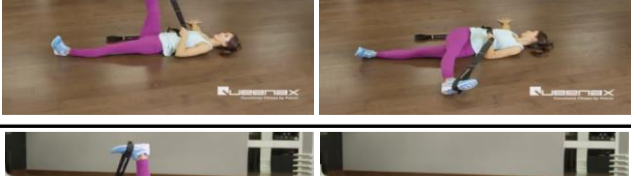



**Week 2 Goal: Progress volume of movement and reinforce core and scapula stabilization**

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
		Hamstring		30 sec per side	Ankle	Avoid pelvis rotation as slide leg forward
Workout - 4 rounds; 15 reps or suggested time per exercise	Torso Trainer	Front Squat		15 reps		Add light load to the Torso Trainer if able
	Superfunctional	Angled Push-Up		15 reps	Thigh	Change angle to make push up more challenging if able
	Up Strength	Row		15 reps		Maintain core stability during pull movement
	Torso Trainer	Alternating Reverse Lunge		15 reps per side		Add light load to the Torso Trainer if able
	Superfunctional	Angled Plank		45 sec	Hip	Avoid hyperextending spine
	Strong++	Anti-Rotation		15 reps per side		Maintain stable pelvis and torso during movement
	Superfunctional	Hanging Glute Bridge		15 reps	Waist	Maintain scapula retraction
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


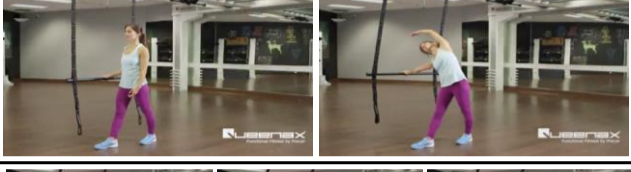

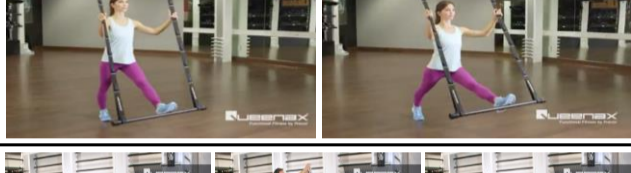
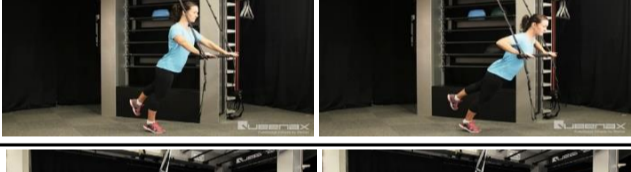
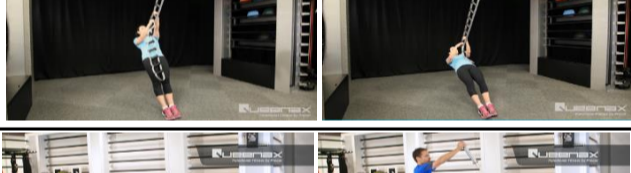

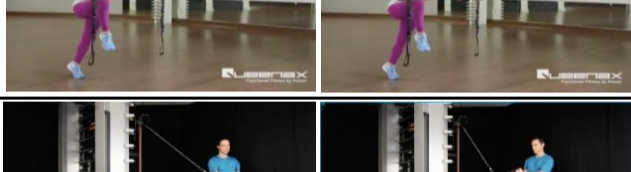

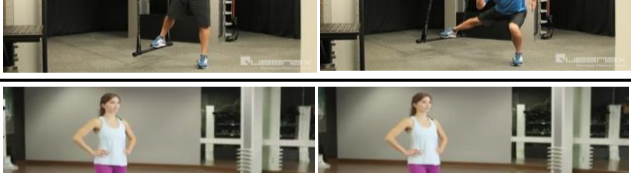
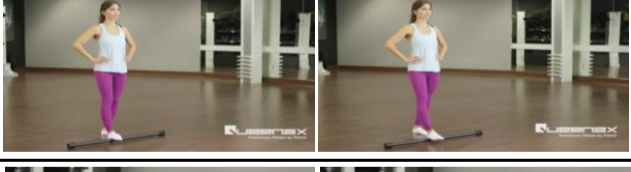

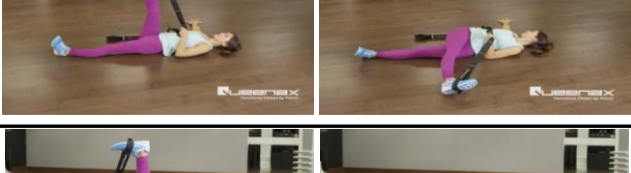
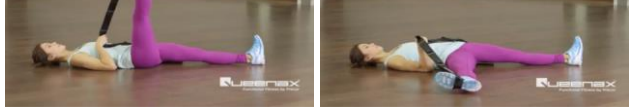


**Week 3 Goal: Amplify movement categories**

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
		Hamstring		30 sec per side	Ankle	Avoid pelvis rotation as slide leg forward
Workout - 4 rounds; 12 reps or suggested time per exercise	Torso Trainer	Front Squat to Alternating Press		12 reps total		Pass bar to opposite hand as rise from squat position
	Superfunctional	Single Leg Push-Up		12 reps	Thigh	Alternate support leg each round
	Up Strength	Single Ladder Climb		30 sec		Maintain glute activation as climb
	Torso Trainer	Pole Vault Lunge with Arm Extension		6 reps per side		Perform 6 reps on one side before switching to opposite side
	Superfunctional	Angled Plank with Alternating Knee Drive		30 sec	Hip	Minimize torso rotation as flexing single knee and hip
	Strong++	Bent arm Torso Rotation		12 reps per side		Rotate at waist using upper body and core to control movement
	Superfunctional	Suspended Lateral Lunge		12 reps per side	Ankle	Set foot on bar at slight angle for grip
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 mastery of movement categories with volume progression**

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
		Hamstring		30 sec per side	Ankle	Avoid pelvis rotation as slide leg forward
Workout - 4 rounds; 15 reps or suggested time per exercise	Torso Trainer	Front Squat to Alternating Press		8 reps per side		Pass bar to opposite hand as rise from squat position
	Superfunctional	Single Leg Push-Up		15 reps	Thigh	Alternate support leg each round
	Up Strength	Single Ladder Climb		45 sec		Maintain glute activation as climb
	Torso Trainer	Pole Vault Lunge with Arm Extension		8 reps per side		Perform 8 reps on one side before switching to opposite side
	Superfunctional	Angled Plank with Alternating Knee Drive		45 sec	Hip	Minimize torso rotation as flexing single knee and hip
	Strong++	Bent arm Torso Rotation		15 reps per side		Rotate at waist using upper body and core to control movement
	Superfunctional	Suspended Lateral Lunge		15 reps per side	Ankle	Set foot on bar at slight angle for grip
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