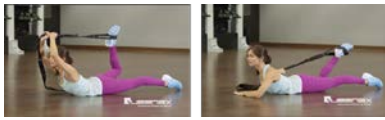
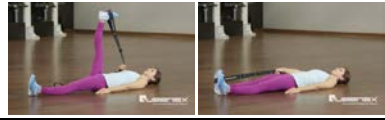

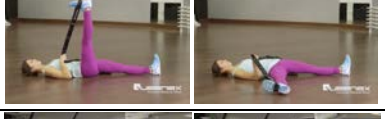




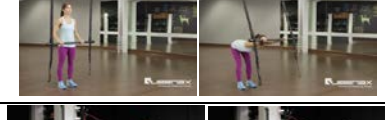


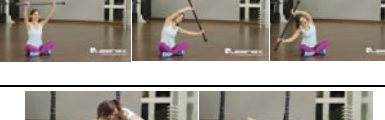






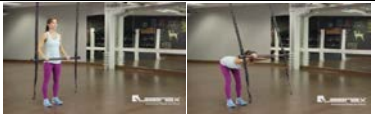






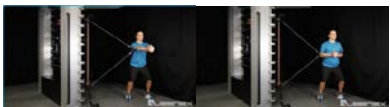




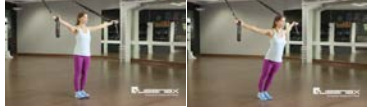


**Week 1 Goal: Introduce movement types using a variety of apps and optionals**

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Lying Quadriceps		30 sec per side	Strap only	Raise arms overhead to further assist stretch
		Hamstring		30 sec per side	Strap only	Avoid rotating pelvis during stretch
		IT Band Stretch		30 sec per side	Strap only	Rotate upper body opposite of lower body during stretch
		Adductor		30 sec per side	Strap only	Pull strap to raise heel toward ceiling
		Glute Stretch		30 sec per side	Hip	Avoid rotating pelvis during stretch
Workout - 2 rounds; 35 seconds work / 25 seconds recovery per exercise	Strong++	Single Side Upper Body Push - High Pull Point		35 sec		Keep hips facing forward during press
	Superfunctional	High Row		35 sec	Chest	Maintain tall posture during movement
	Wall Bars	Squat facing wall - Category 1		35 sec		Maintain pressure on bar as squat
	Strong++	Bent Arm Rotation		35 sec		Rotate shoulders and hips simultaneously
	Superfunctional	Hip Hinge		35 sec	Waist	Maintain lumbar curve during hip flexion
	Strong++	Single Side High Row - Low Pull Point		35 sec		Stabilize body in split stance during movement
	Superfunctional	Crunch		35 sec	Ankle	Flex spine enough to pull shoulders off of floor
Cool Down	Superfunctional	Seated Side to Side Reach		10 per side	Bar only	Maintain a tall posture as lateral flex
		Quadruped Chest Stretch		30 sec per side	Level 8	Apply pressure on the bar as lower chest to ground
		Hamstring		30 sec per side	Strap only	Avoid rotating pelvis during stretch
		Glute Stretch		30 sec per side	Strap only	Keep arms extended during stretch










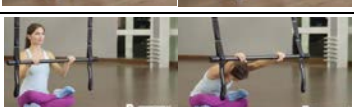

**Week 2 Goal: Introduce initial movement amplification through stability and volume challenges**

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Lying Quadriceps		30 sec per side	Strap only	Raise arms overhead to further assist stretch
		Hamstring		30 sec per side	Strap only	Avoid rotating pelvis during stretch
		IT Band Stretch		30 sec per side	Strap only	Rotate upper body opposite of lower body during stretch
		Adductor		30 sec per side	Strap only	Pull strap to raise heel toward ceiling
		Glute Stretch		30 sec per side	Hip	Avoid rotating pelvis during stretch
Workout - 2 rounds; 40 seconds work / 20 seconds recovery per exercise	Strong++	Bilateral Push - High Pull Point		40 sec		Keep hips facing forward during press
	TRX	Row		40 sec		Maintain tall posture during movement
	Superfunctional	Assisted Squat		40 sec	Waist	Maintain pressure on bar as squat
	Strong++	Straight Arm Rotation		40 sec		Rotate shoulders and hips simultaneously
	Superfunctional	Hip Hinge		40 sec	Waist	Maintain lumbar curve during hip flexion
	Strong++	Single Side High Row with Rotation		40 sec		Rotate through upper body as pull
	Superfunctional	Sit up		40 sec	Knee	Maintain pressure on bar though do not use to pull body up
Cool Down	Superfunctional	Seated Side to Side Reach		10 per side	Bar only	Maintain a tall posture as lateral flex
		Half Kneeling Chest Opener		30 sec per side	Strap only	Maintain tall posture during stretch
		Hamstring		30 sec per side	Ankle	Avoid rotating pelvis during stretch
		Glute Stretch		30 sec per side	Hip	Keep arms extended during stretch

**Week 3 Goal: Demonstrate continued movement amplification through stability and volume challenges**

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Shoulder and Lateral Line Stretch		30 sec per side	Hip	Drive hip away from bar
		Hip Hinge		10 total	Hip	Maintain pressure on bar during movement
		Angled Plank Rotation and Reach		10 per side	Hip	Maintain pressure on bar with opposite arm
		Hanging Scapular Depression		10 total	Overhead	Avoid hyperextending spine
		Overhead Lunge		10 per side	Waist	Maintain tension on bar
Workout - 2 rounds; 40 seconds work / 20 seconds recovery per exercise	TRX	Push up		40 sec		Minimize body angle against gravity
	TRX	Row		40 sec		Increase body angle against gravity
	Superfunctional	Squat		40 sec	Waist	Maintain pressure on bar during movement
	Strong++	Anti Rotation		40 sec		Keep posture tall and centered over hips
	Superfunctional	Hip Extension		40 sec	Waist	Extend from head to heel as hinge at waist
	Strong++	Bilateral Row with Reverse Lunge - High Pull Point		40 sec		Bend both knees while rowing arms
	Superfunctional	Bridge to Sit up - Category 3		40 sec	Ankle	Maximize range of motion during each movement
Cool Down	Superfunctional	Hamstring with Rotation		30 sec per side	Strap only	Drive arm across body
		Standing Chest Opener		30 sec per side	Straps only	Avoid hyperextending spine
		Half Kneeling Hip Flexor Roll out		30 sec per side	Level 8	Lean forward and extend spine while reaching arms out
		Glute Stretch with Rotation		30 sec per side	Hip	Rotate torso to the left and right with straight arms

**Week 4 Goal: Achieve optimal neuromuscular control with movement type variety**

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Shoulder and Lateral Line Stretch		30 sec per side	Hip	Drive hip away from bar
		Hip Hinge		15 total	Hip	Maintain pressure on bar during movement
		Angled Plank Rotation and Reach		10 per side	Hip	Maintain pressure on bar with opposite arm
		Hanging Scapular Depression		15 total	Overhead	Avoid hyperextending spine
		Overhead Lunge		10 per side	Waist	Maintain tension on bar
Workout - 2 rounds; 45 seconds work / 15 seconds recovery per exercise	Superfunctional	Overhead Press		45 sec	Thigh	Keep arms in line with ears as press
	Superfunctional	Single Arm Row		45 sec	Thigh	Maintain a plank position during movement
	Superfunctional	Assisted Pistol Squat		45 sec	Hip	Keep chest up during squat motion
	Strong++	Anti Rotation		45 sec		Limit rotation of body toward line of pull
	Superfunctional	Diva - Same Side		45 sec	Waist	Extend from head to heel as hinge at waist
	Strong++	Alternating Same Side Rows with Lunges		45 sec		Keep the non-working arm extended as lunge
	Superfunctional	Crossover Sit up		45 sec	Knee	Maintain tension on straps during movement
Cool Down	Superfunctional	Lying side to side Stretch		30 sec per side	Level 8	Keep knees at 90 degree angle
		Split Squat with Chest Opener		30 sec per side	Strap only	Avoid hyperextending spine
		Firelog Pose with Forward Reach		30 sec per side	Level 8	Avoid excessive flexion at the lumbar spine
		Suspended Corpse Pose		30 sec per side	Level 8	Relax!