


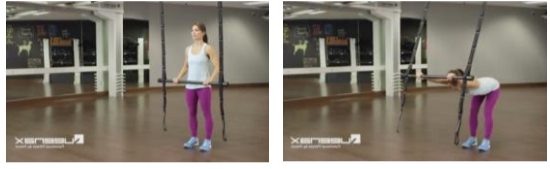

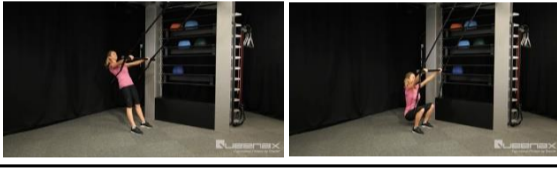

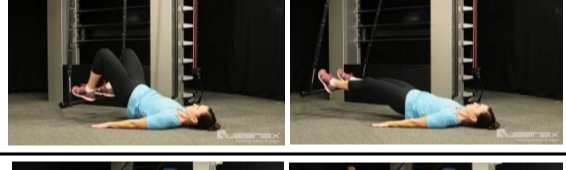
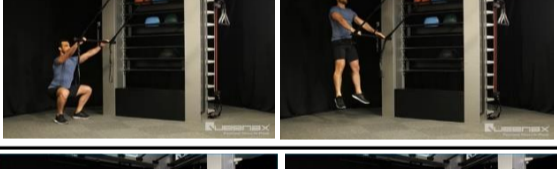
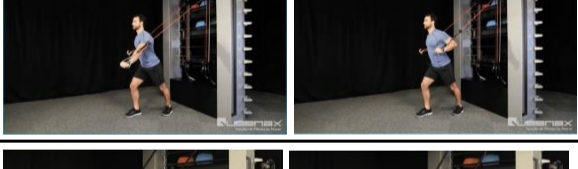



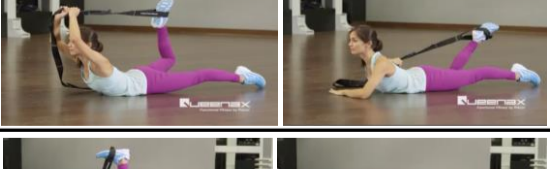
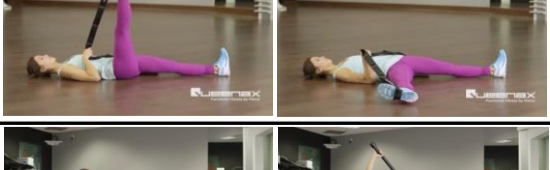




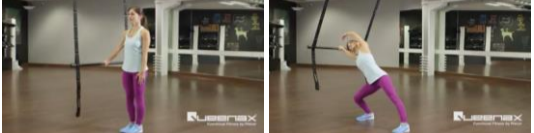




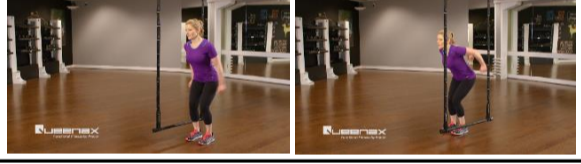

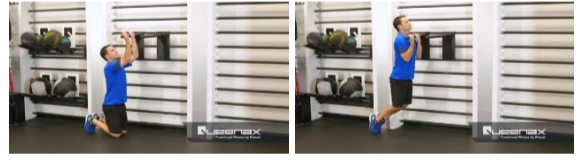


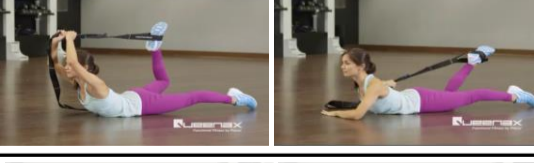






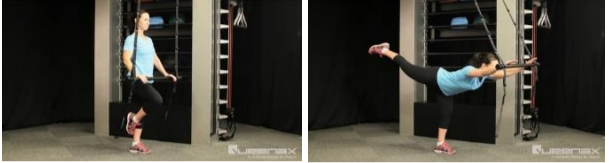
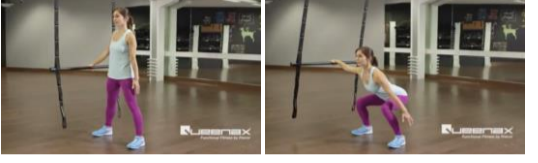


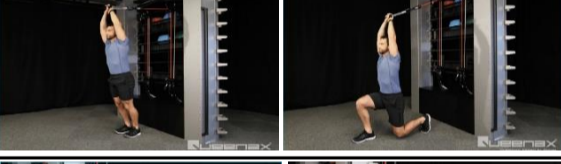

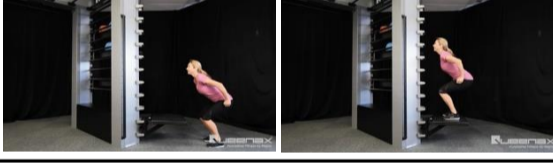




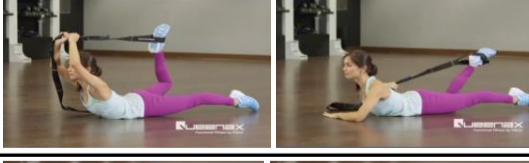


Week 1 Goal: Build a basic foundation for joint stability in all movement patterns

Training Phase	Training Tool	Exercise	Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Half Kneeling Halos 	10 per side	Bar only	Avoid hyperextending spine
		Glute Stretch 	10 per hip	Hip	Avoid rotating pelvis during stretch
		Side Reach 	10 per side	Hip	Maintain pressure on bar as reach overhead
		Hip Hinge 	10 total	Waist	Maintain lumbar curve through motion
		Angled Plank 	30s total	Hip	Maintain tall posture
Workout - 3 rounds of 12 repetitions per exercise (rest only as needed)	Superfunctional	Assisted Squat 	12 reps	Hip	Lean body back and lower hips in squat motion
	Superfunctional	Suspended Lunge 	12 reps per side		Elevate rear foot on mobile parallel and drop into lunge
	Superfunctional	Hamstring Curl 	12 reps	Ankle	Press feet into bar and keep hips elevated
	Superfunctional	Jump Squat 	12 reps	Hip	Apply pressure into bar as jump off of ground
	Strong++	Single Side Upper Body Push - High Pull Point 	12 reps per side		Minimize rotation in torso by engaging core
	Superfunctional	Row 	12 reps	Thigh	Modify angle as needed to provide moderate challenge
	Superfunctional	Plank on Elbows 	30 sec	Ankle	Avoid hyperextending spine
Cool Down	Superfunctional	Hamstring with Rotation 	30 sec per side	Hip	Drive arm across body
		Lying Quadriceps 	30 sec per side	Strap only	Avoid hyperextending spine
		Adductor 	30 sec per side	Strap only	Flex and extend knee to vary stretch
		Half Kneeling Chest Opener 	30 sec per side	Bar only	Avoid hyperextending spine

Week 2 Goal: Progress week 1 exercises and begin incorporating frontal plane motion

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Half Kneeling Halos		10 per side	Bar only	Avoid hyperextending spine
		Glute Stretch with Rotation		10 per hip	Hip	Avoid rotating pelvis during stretch
		Hip Hinge with Twist		10 total	Waist	Rotate head and shoulders during twist motion
		Lateral Reach and Step		10 per side	Hip	Maintain pressure on bar as step
		Angled Plank with Alternating Knee Drive		10 per side	Hip	Maintain scapula retraction
Workout - 3 rounds of 12 repetitions per exercise (rest only as needed)	Torso Trainer	Front Squat		12 reps		
	TRX	Suspended Lunge		12 reps per side		Elevate rear foot in cradle directly under training bar
	Superfunctional	Glute Bridge		12 reps	Ankle	Press feet into bar as extend hips
	Superfunctional	Lateral Jumps		12 reps per side	Ankle	Land softly with flexed ankles, knees and hips
	Mobile Parallels	Push-Ups		12 reps		Modify angle as needed to provide moderate challenge
	Mobile Parallels	Kneeling Pull-Up		12 reps		Use legs to assist pull up motion
	Superfunctional	Prone Crunch		12 reps	Ankle	Avoid hyperextending spine
Cool Down	Superfunctional	Hamstring with Rotation		30 sec per side	Hip	Drive arm across body
		Lying Quadriceps		30 sec per side	Strap only	Avoid hyperextending spine
		Adductor		30 sec per side	Strap only	Flex and extend knee to vary stretch
		Half Kneeling Chest Opener		30 sec per side	Bar only	Avoid hyperextending spine

Week 3 Goal: Increase stability challenge through all movement patterns

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Seated Side to Side Reach		10 per side	Bar only	Focus on side bend to the right and left
		Single Side Row with Rotation		10 per side	Thigh	Maintain a plank position
		Hip Extension		10 total	Waist	Maintain lumbar extension during movement
		Side Facing Squat with Lateral Ward		10 per side	Waist	Sit back through hips as squat
		Angled Skipping		10 per side	Hip	Maintain angled pressure on bar
Workout - 3 rounds of 12 repetitions per exercise (rest only as needed)	Superfunctional	Single Leg Squat		12 reps per side	Thigh	Sit hips back into a "chair"
	Strong++	Lunge with Overhead Reach - High Pull Point		12 reps per side		Avoid overarching lumbar spine by engaging core
	Strong++	Hip Extension - Low Pull Point		12 reps		Maintain lumbar extension during motion
	Plyo Platform	Box Jumps		12 reps		Land softly with flexed ankles, knees and hips
	Torso Trainer	Single Arm Press		12 reps per side		Avoid rotation or shift in trunk / pelvis
	Superfunctional	Single Side Row with Rotation		12 reps per side	Thigh	Keep core and glutes engaged during motion
	Suspension Abs	Hanging Crunch		12 reps		Maintain scapular retraction during motion
Cool Down	Superfunctional	Hamstring with Rotation		30 sec per side	Hip	Drive arm across body
		Lying Quadriceps		30 sec per side	Strap only	Avoid hyperextending spine
		IT Band Stretch		30 sec per side	Strap only	Flex and extend knee to vary stretch
		Split Squat with Chest Opener		30 sec per side	Strap only	Avoid hyperextending spine

Week 4 Goal: Enhance strength and power in all planes of motion

Training Phase	Training Tool	Exercise	Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Seated Side to Side Reach 	10 per side	Bar only	Focus on side bend to the right and left
		Marching Bridge with Feet on Bar 	10 total	Ankle	Maintain a stable bar position during movement
		Single Side Row with Rotation and Squat 	10 per side	Thigh	Avoid elevating shoulders during row motion
		RXI/LXI Squat 	10 per side	Hip	Position toes slightly inward
		Skipping 	10 per side	Hip	Maintain pressure on bar
Workout - 3 rounds of 12 repetitions (or as prescribed) per exercise (rest only as needed)	Torso Trainer	Squat with Rotation 	12 reps per side		Avoid laterally shifting during squatting motion
	Superfunctional	Suspended Lunge 	12 reps per side	Ankle	Apply pressure into bar with foot; push bar away and drive in each rep
	Strong++	Deadlift - Low Pull Point 	12 reps		Maintain lumbar extension
	Plyo Platform	Multi-Planar Box Jumps 	6 reps per side		Land softly with flexed ankles, knees and hips
	TRX	Angled Push-Up 	12 reps		Avoid hyperextending spine
	Up Strength	Single Ladder Climb 	6 times up and down		Maintain scapula engagement and core control
	Suspension Abs	Hanging Rotation 	12 reps per side		Maintain scapula retraction in hanging position
Cool Down	Superfunctional	Hamstring 	30 sec per side	Strap only	Maintain a level pelvis during stretch
		IT Band Stretch 	30 sec per side	Strap only	Flex and extend knee to vary stretch
		Adductor 	30 sec per side	Strap only	Flex and extend knee to vary stretch
		Standing Chest Opener 	60 sec	Straps only; no bar	Avoid hyperextending spine