














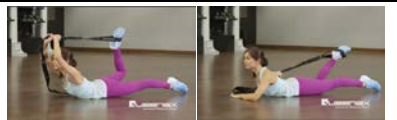

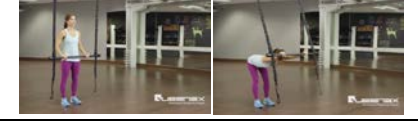








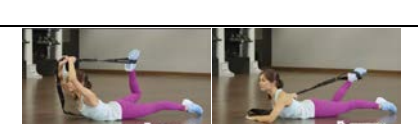
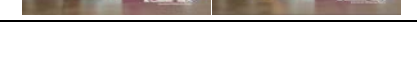




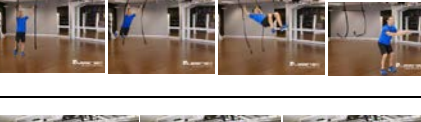
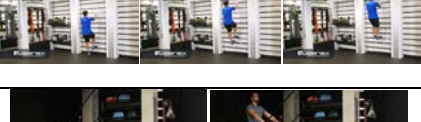

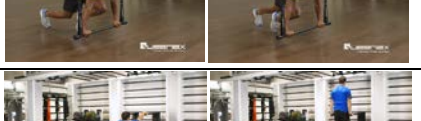


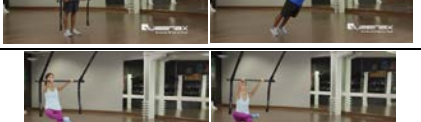
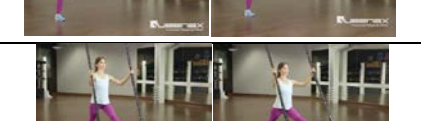
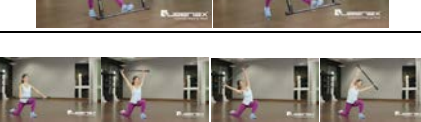
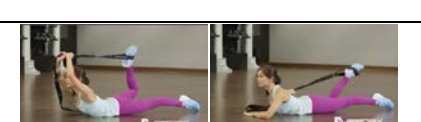

Week 1 Goal: Develop work capacity with dynamic unpredictable movements

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up (perform set three times)	Superfunctional	SF Glute Bridge		15 Total	Ankle	Focus on squeezing the glutes
		Suspended Squat		10 total	Ankle	Slow and controlled focusing on aligning foot, hip and knee
		Hip Hinge		15 total	Waist	Maintain lumbar curve through motion
		Lunge with Rotation		10 per side	Waist	Drive through the front heel on the lunge
		Hanging Scapular Depression		15 total	Overhead	Move scapula with control
Round 1: :30 at each station to get use the movement and focus on good technique Round 2: Increase to :45 at each station	Superfunctional	Lache		:30/:45	Overhead	Land balanced in a squat
	Wall Bar	Burpee Climb		:30/:45		Do a burpee immediately followed by climbing the wall bars
	Superfunctional	Jump Squat		:30/:45	Ankle	Lean back creating tension with the SF and drive up and away form the Queenax
	Superfunctional	Mountain Climbers		:30/:45	Ankle	Maintain a neutral spine.
	Superfunctional	SF Balance Jumps		:30/:45	Ankle	Land Balanced on one foot
	Superfunctional	Plank- Alternating raising feet		:30/:45	Ankle	Stabilize your spine and hips as you raise each foot off the ground.
	Superfunctional	Russian Twist		:30/:45		Focus on keeping the lower back stable while rotating the thoracic spine
The Cool down is the same over 4 weeks to help show specific improvement in mobility and flexibility in those areas	Superfunctional	Glute Stretch		30 sec per side	Hip	Apply pressure on training bar as reach
		Hamstring Stretch		30 sec per side	Hip	Minimize pelvis rotation during stretch
		Half Kneeling Chest Opener		30 sec per side	Strap only	Keep the ribs down and push the arms up and back
		Lying Quadriceps		30 sec per side	Strap only	Avoid hyperextending spine






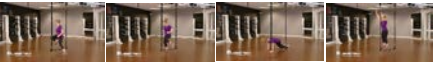
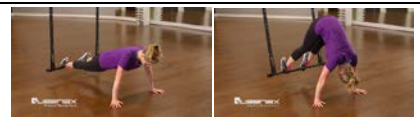




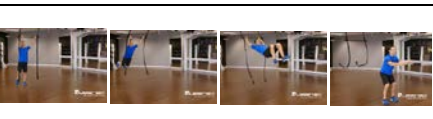
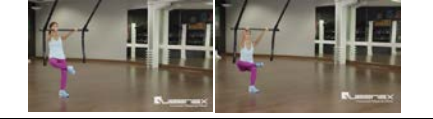



Week 2 Goal: Increase work capacity over broad dynamic movements

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up (perform set three times)	Superfunctional	SF Glute Bridge		15 Total	Ankle	Focus on squeezing the glutes
		Suspended Squat		10 total	Ankle	Slow and controlled focusing on aligning foot, hip and knee
		Hip Hinge		15 total	Waist	Maintain lumbar curve through motion
		Lunge with Rotation		10 per side	Waist	Drive through the front heel on the lunge
		Hanging Scapular Retraction		15 total	Overhead	Move scapula with control
Round 1: :30 at each station to get use the movement and focus on good technique Round 2: Increase to 1:00 at each station	Superfunctional	SF Balance Jumps		:30/1:00	ankle	Land balanced on one foot
	Mobile Parallels	Burpee with Push Through Hold		:30/1:00		Complete a burpee followed by a push through and hold the top of the dip for 3 seconds
	Superfunctional	Suspended Lunge with hop		:30/1:00	Ankle	Drive through the front heel - Alternate at the half way point
	Superfunctional	Metabolic Jumping Pull ups		:30/1:00	Above Head	Maintain scapular retraction
	Superfunctional	Rollouts		:30/1:00	Ankle	Keep head and spine neutral - Only go as far as you can safely
	Superfunctional	Pike Push Up with feet on SF		:30/1:00	Ankle	Squeeze the glutes and grasp the floor with your fingers
	Superfunctional	Alternate between plank on ground to plank on SF		:30/1:00	Ankle	Try to keep your hips stable
The Cool down is the same over 4 weeks to help show specific improvement in mobility and flexibility in those areas	Superfunctional	Glute Stretch		30 sec per side	Hip	Apply pressure on training bar as reach
		Hamstring Stretch		30 sec per side	Hip	Minimize pelvis rotation during stretch
		Half Kneeling Chest Opener		30 sec per side	Strap only	Keep the ribs down and push the arms up and back
		Lying Quadriceps		30 sec per side	Strap only	Avoid hyperextending spine

Week 3 Goal: Increase Conditioning through task-based timed activity

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up (perform set three times)	Superfunctional	SG Glute Bridge		10	Ankle	Maintain Neutral Spine
		Angled Push ups		15 total	Thigh	Maintain glute and core activation during movement
		SF Row		15 total	Wait	Maintain a neutral spine
		Overhead Squat		15 total	Waist	Maintain pressure on bar as step
		High Knee Grabs		10 Per side		Walking across the floor
Complete 1 Round AFAP - Record time. Rest 2:00 then Repeat for 3 total rounds trying to beat your first time		Monkey Bars or Lache		1x Monkey Bar or 10x Swing and Land	Overhead	Land Balanced with both feet
	Wall Bars	Burpee Climb		10		Do a burpee immediately followed by climbing the wall bars
	Superfunctional	Jump Squat		20	Ankle	Lean back creating tension with the SF and drive up and away from the Queenax
	Superfunctional	Mountain Climbers		20 Per side	Ankle	Maintain a neutral spine.
	Mobile Parallels	Burpee with Push Through Hold		10		Hold the top of the motion for 3 seconds each rep
	Superfunctional	SF Balance Jumps		20 Total	Ankle	Jump over bar and land balanced on one foot
	Superfunctional	Rollouts		10	Ankle	Keep head and spine neutral - Only go as far as you can safely
The Cool down is the same over 4 weeks to help show specific improvement in mobility and flexibility in those areas	Superfunctional	Glute Stretch		30 sec per side	Hip	Apply pressure on training bar as reach
		Hamstring Stretch		30 sec per side	Hip	Minimize pelvis rotation during stretch
		Half Kneeling Chest Opener		30 sec per side	Strap only	Keep the ribs down and push the arms up and back
		Lying Quadriceps		30 sec per side	Strap only	Avoid hyperextending spine

Week 4 Goal: Achieving optimal metabolic threshold through advanced exercise selection

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up- 3x Through	Superfunctional	SG Glute Bridge		10	Ankle	Maintain Neutral Spine
		Angled Push ups		15 total	Thigh	Maintain glute and core activation during movement
		SF Row		15 total	Wait	Maintain a neutral spine
		Overhead Squat		15 total	Waist	Keep elbows by ears
		High Knee Grabs		10 Per side		Walking across the floor
Complete 2 Rounds AFAP Rest 2 min and then repeat 2x	Superfunctional	Lateral Hop with Burpee		10	Ankle	Leap laterally back and forth over bar and perform burpee every 3-5 hops
	Superfunctional	Pike Push-Up		10	Ankle	Squeeze the glutes and grasp the floor with your fingers
	Superfunctional	Suspended Lunge with Hop		10 Each Side	Ankle	Drive through the front heel - Alternate at the half way point
	Superfunctional	Alternate between plank on ground to plank on SF		20 Up and Down	Ankle	Try to keep your hips stable
	Superfunctional	SF Balance Jumps		10 Per Side	ankle	Land balanced on one foot
	Superfunctional	Rollouts		10	Ankle	Keep head and spine neutral - only go as far as you can safely
			Monkey Bars or Lache		1x Monkey Bar or 10x Swing and Land	Overhead
Warm-Up (perform set three times)	Superfunctional	Glute Stretch		30 sec per side	Hip	Apply pressure on training bar as reach
		Hamstring Stretch		30 sec per side	Hip	Minimize pelvis rotation during stretch
		Half Kneeling Chest Opener		30 sec per side	Strap only	Keep the ribs down and push the arms up and back
		Lying Quadriceps		30 sec per side	Strap only	Avoid hyperextending spine