






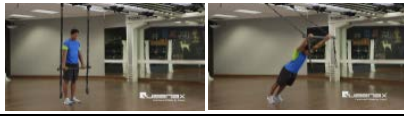
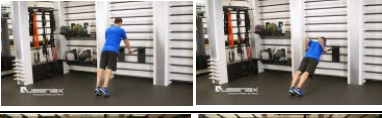

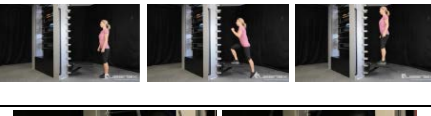

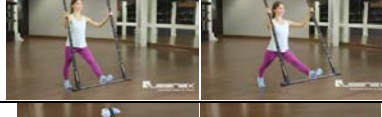



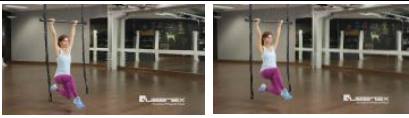

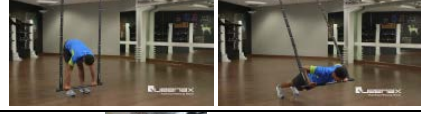








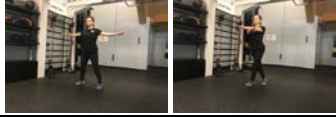









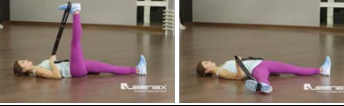
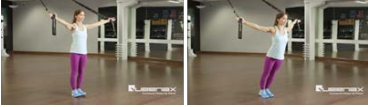
**Week 1 Goal: Improve App familiarity; develop basic core stability through 3 planes of motion**

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
		Scapular Depression		15 total	Overhead	Move scapula with control
		Hip Hinge		10 total	Waist	Maintain lumbar curve through motion
		Side Reach		10 per side	Hip	Maintain pressure on bar as reach overhead
		Glute Stretch		10 per hip	Hip	Avoid rotating pelvis during stretch
Workout - repeat 2 rounds, allow for 1 minute of recovery between rounds	Torso Trainer	Alternating Press		30s/30s		Minimize torso rotation when pressing overhead
	Strong++	Straight Arm Torso Rotation		30s/30s		Complete left side rotation during round 1 and right side rotation during round 2
	Superfunctional	Roll out		30s/30s	Hip	Maintain a neutral spine as push bar out
	Mobile Parallels	Push up		30s/30s		Avoid hyperextending spine
	TRX	High Row		30s/30s		Maintain glute and core activation during movement
	Plyo Platform	Step up		30s/30s		Complete left leg during round 1 and right leg during round 2
	Superfunctional	Sit up		30s/30s	Knee	Maintain pressure on bar
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

**Week 2 Goal: Progress core stability through exercise amplification**

















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
		Hanging Scapular Depression		15 total	Overhead	Move scapula with control
		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
		Glute Stretch with Rotation		10 per hip	Hip	Avoid rotating pelvis during stretch
Workout - repeat 2 rounds, allowing for 1 minute of recovery between rounds	Torso Trainer	Squat to Alternating Press		35s/25s		Avoid lateral shifting in squat position
	Strong++	Lunge with Torso Rotation		35s/25s		Complete one side during round 1 and opposite side during round 2
	Superfunctional	Drop-in		35s/25s	Ankle	Avoid hyperextending spine
	Superfunctional	Y		35s/25s		Maintain glute and core activation during scapula retraction
	Mobile Parallels	Single Leg Push up		35s/25s		Alternate leg lift each push up
	Plyo Platform	Multi-planar Step up		35s/25s		Use same lead leg during round 1; use opposite leg as lead leg during round 2
	Superfunctional	Hanging Crunch		35s/25s	Overhead	Maintain scapula retraction
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

**Week 3 Goal: Increase work capacity and movement complexity of core training**

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Hamstrings		30 sec per side	Ankle	Maintain neutral pelvis
		Hanging Switch		8 per side	Overhead	Maintain scapula retraction
		Glute Bridge		10 per side	Ankle	Avoid hyperextending spine
		Overhead Lunge		10 per side	Waist	Maintain pressure on bar as step
		Split Jacks		10 per side		
Workout - repeat 2 rounds, allowing for 2 minutes of recovery between rounds	Torso Trainer	Standing Rotation with Straight Arms		40s/20s		Rotation upper body as rotate side to side
	Rebounder	Oblique Underhand Pass		40s/20s		Complete all rotations one left side during round 1 and right side during round 2
	Superfunctional	Mountain Climber		40s/20s	Ankle	Maintain scapula retraction
	Superfunctional	Metabolic Pull up		40s/20s	Overhead	Maintain scapula control during movement
	Mobile Parallels	Assisted Dips with Rest		40s/20s		Keep chest high
	Plyo Platform	Step up with Jump		40s/20s		Complete left leg during round 1 and right leg during round 2
	Superfunctional	Prone Crunch		40s/20s	Ankle	Maintain scapula retraction
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 4 Goal: Demonstrate multi-planar core stability and endurance through movement amplification and work capacity**

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Marching Bridge with feet on bar		10 per side	Ankle	Maintain scapula retraction
		Angled Plank with walk back		30 sec total	Hip	Avoid hyperextending spine
		Marching with Rotation		10 per side	Hip	Maintain pressure on bar as march
		Assisted Squat		15 total	Waist	Maintain pressure on bar during squat
		Split Jacks		10 per side		
Workout - repeat 3 rounds, allowing for 2-4 minutes of recovery between rounds	Torso Trainer	Standing Rotation with Straight Arms		45s/15s		Increase squat depth as rotating to each side
	Rebounder	Oblique Underhand Pass		45s/15s		Alternate side with each pass
	Superfunctional	Mountain Climber		45s/15s	Ankle	Maintain up tempo movement speed
	Superfunctional	Single Leg Pull up - legs down		45s/15s	Waist	Alternate base leg with each pull up
	Mobile Parallels	Push Through		45s/15s		Use lower and upper body power to push through
	Plyo Platform	Box Jumps		45s/15s		Sit back in hips as land on platform
	Superfunctional	Pike		45s/15s	Ankle	Avoid hyperextending spine when in push up position
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	Bar only	Avoid hyperextending spine