
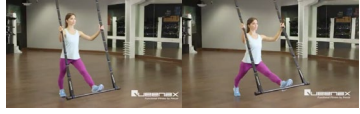




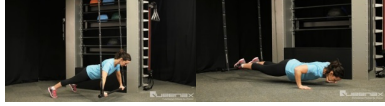








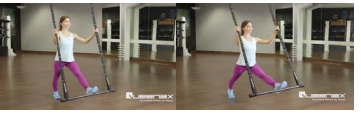






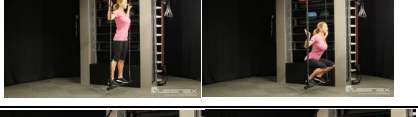




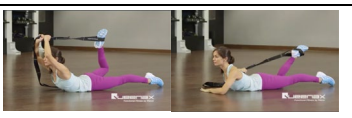





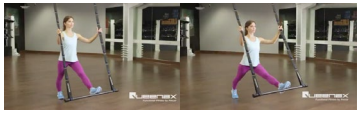


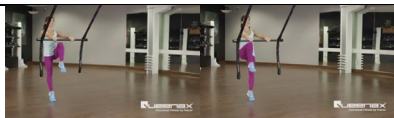



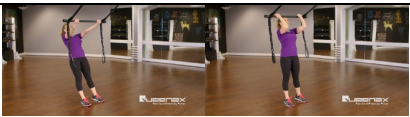


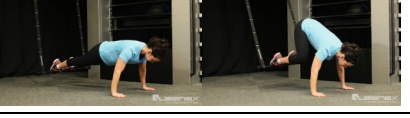



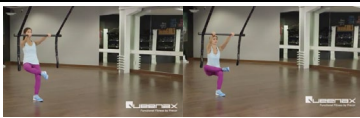
Week 1 Goal: Introduce a selection of movement types to build strength and endurance

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Glute Stretch		10 per hip	Hip	Avoid rotating pelvis during stretch
		Hamstrings		30 sec per side	Ankle	Avoid rotating pelvis during stretch
		Seated Side to Side Reach		10 per side	Bar only	Avoid hyperextending spine
		Angled Plank with Alternating Knee Drive		10 per side	Hip	Maintain scapula retraction during movement
		Marching		30 sec total	Hip	Maintain straight arms and pressure on bar
Workout - 3 rounds; 45 seconds work / 15 seconds recovery per exercise	Superfunctional	Overhead Lunge		45 sec	Waist	Maintain pressure on bar as lunge
	Superfunctional	Push up		45 sec	Thigh	Avoid hyperextending spine
	Superfunctional	Balance Jumps		45 sec	Ankle	"Stick" landing each rep
	Superfunctional	Suspended Front / Back Taps - category 3		45 sec	Ankle	Avoid lateral shift of pelvis as tap foot forward and backward
	Superfunctional	Assisted Squat		45 sec	Waist	Maintain straight arms as lean body back
	Superfunctional	Row		45 sec	Thigh	Maintain neutral spine during row motion
	Superfunctional	Mountain Climber		45 sec	Ankle	Avoid hyperextending spine
Cool Down	Superfunctional	Standing Chest Opener		60 sec	Straps only; no bar	Avoid hyperextending spine
		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
		Hamstring		30 sec per side	Strap only	Maintain neutral pelvis during stretch




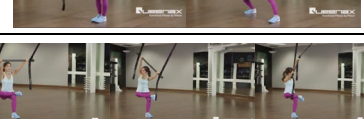
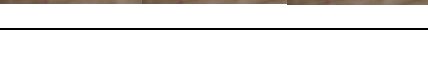
Week 2 Goal: Demonstrate progression of movement types, enhancing strength and endurance challenge

Training Phase	Training Tool	Exercise	Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Glute Stretch 	10 per hip	Hip	Avoid rotating pelvis during stretch
		Hamstrings 	30 sec per side	Ankle	Avoid rotating pelvis during stretch
		Half Kneeling Halos 	10 per side	Bar only	Avoid hyperextending spine
		Angled Plank with Cross-Body Knee Drive 	10 per side	Hip	Maintain scapula retraction during movement
		Marching with Rotation 	30 sec total	Hip	Maintain straight arms and pressure on bar
Workout - 3 rounds; 45 seconds work / 15 seconds recovery per exercise	Superfunctional	Lunge with Rotation 	45 sec	Waist	Maintain pressure on bar as lunge
	Superfunctional	Superman 	45 sec	Ankle	Avoid hyperextending spine at end of movement
	Superfunctional	Lateral Jumps 	45 sec	Ankle	Land softly with flexed knees and hips
	Superfunctional	Suspended Squat 	45 sec	Ankle	Allow feet to tip forward slightly during squat motion
	Superfunctional	Assisted Split Squat 	45 sec	Waist	Maintain pressure on bar
	Superfunctional	Pull up - Legs Down 	45 sec	Waist	Keep chest upright during pulling motion
	Superfunctional	Plank on elbows 	45 sec	Ankle	Avoid hyperextending spine
Cool Down	Superfunctional	Half Kneeling Chest Opener 	30 sec per side	Bar only	Maintain tall posture during stretch
		Lying Quadriceps 	30 sec per side	Strap only	Elevate foot to intensify stretch
		Adductor 	30 sec per side	Strap only	Flex and extend knee to vary stretch
		Hamstring with Rotation 	30 sec per side	Strap only	Drive opposite arm under strap

Week 3 Goal: Introduce a new selection of exercises to provide a different strength and endurance challenge

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Glute Stretch		10 per hip	Hip	Avoid rotating pelvis during stretch
		Hamstrings		30 sec per side	Ankle	Avoid rotating pelvis during stretch
		Half Kneeling Halos		10 per side	Bar only	Avoid hyperextending spine
		Angled Plank with In/Out Hand Walk		10 per side	Hip	Minimize hip motion as hands travel
		Skipping		30 sec total	Hip	Maintain straight arms and pressure on bar
Workout - 3 rounds; 45 seconds work / 15 seconds recovery per exercise	Superfunctional	Suspended Lunge		45 sec	Ankle	Push bar backwards as drop into lunge
	Superfunctional	Angled Tricep Press - "Skull Crusher"		45 sec	Waist	Avoid hyperextending spine
	Superfunctional	Shuffle Under		45 sec	Waist	Keep chest upright as squat under bar
	Superfunctional	Bicep Curls		45 sec	Waist	Maintain core engagement
	Superfunctional	Hanging Scapular Depression		45 sec	Overhead	Avoid overarching lower back
	Superfunctional	Glute Bridge		45 sec	Ankle	Press feet into bar
	Superfunctional	Prone Crunch		45 sec	Ankle	Maintain scapula retraction
Cool Down	Superfunctional	Standing Chest Opener		30 sec per side	Straps only	Maintain tall posture during stretch
		Hip Hinge		30 sec per side	Hip	Maintain lumbar extension during movement
		Side Reach		30 sec per side	Hip	Maintain pressure on bar as reach overhead
		Glute Stretch		30 sec per side	Hip	Lean back with straight arms

Week 4 Goal: Achieve progression of a variety of movement types

Training Phase	Training Tool	Exercise	Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Glute Stretch 	10 per hip	Hip	Avoid rotating pelvis during stretch
		Hamstrings 	30 sec per side	Ankle	Avoid rotating pelvis during stretch
		Half Kneeling Halos 	10 per side	Bar only	Avoid hyperextending spine
		Angled Plank Rotation and Reach 	10 per side	Hip	Maintain neutral spine
		Angled Skipping 	30 sec total	Hip	Maintain straight arms and pressure on bar
Workout - 3 rounds; 45 seconds work / 15 seconds recovery per exercise	Superfunctional	Suspended Lateral Lunge 	45 sec	Ankle	Push bar laterally while flexing opposite knee/hip
	Superfunctional	Tricep Press 	45 sec	Thigh	Avoid hyperextending spine
	Superfunctional	Assisted Jump Squat 	45 sec	Waist	Maintain pressure on bar
	Superfunctional	Up-Down Mountain Climber 	45 sec	Ankle	Maintain scapula retraction during movement
	Superfunctional	Jump Assisted Pull-ups 	45 sec	Overhead	Slowly lower body to ground after pull-up
	Superfunctional	Single Leg Glute Bridge 	45 sec	Ankle	Press foot into bar during bridge motion
	Superfunctional	Pike 	45 sec	Ankle	Maintain scapula retraction during movement
Cool Down	Superfunctional	Split Squat with Chest Opener 	30 sec per side	Strap only	Maintain tall posture during stretch
		Hip Hinge 	30 sec per side	Hip	Maintain lumbar extension during movement
		Lateral Reach with Step 	30 sec per side	Hip	Maintain pressure on bar as step
		Glute Stretch with Rotation 	30 sec per side	Hip	Rotate torso to the left and right with straight arms