



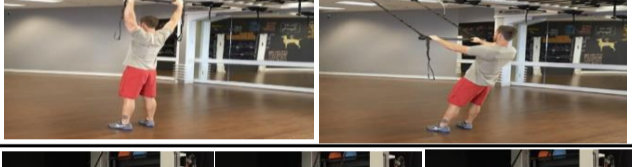





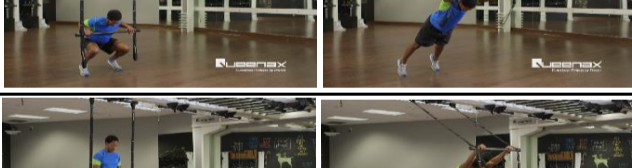
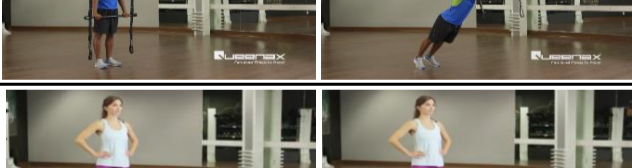
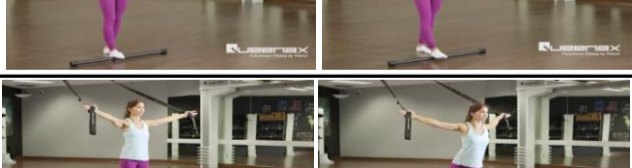


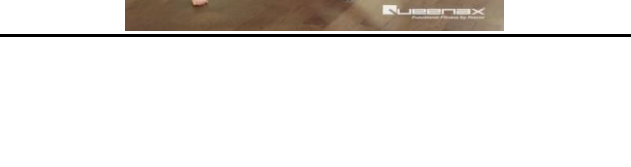


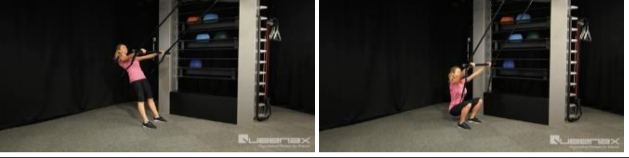

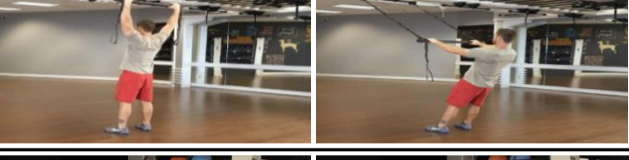

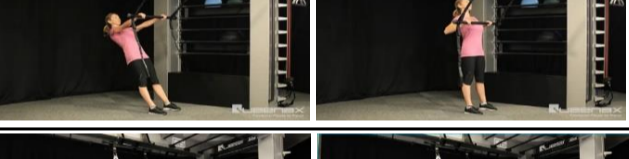
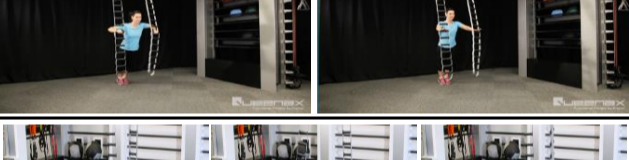



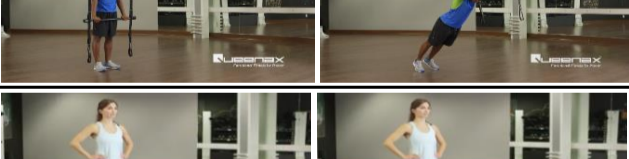
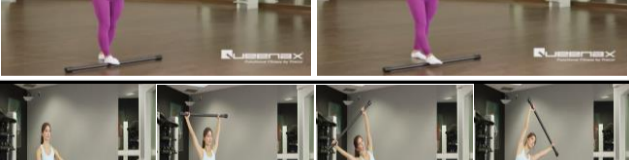


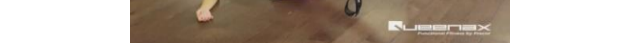



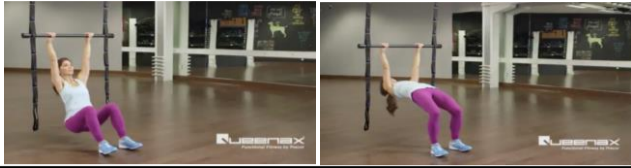
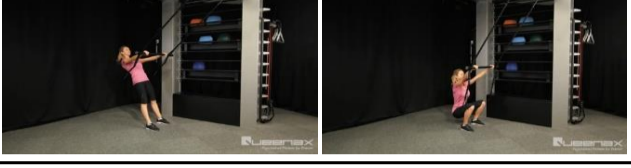

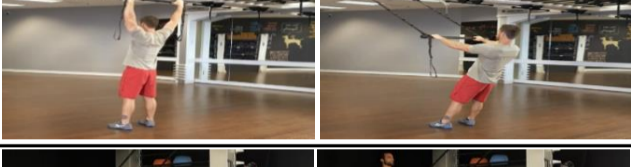
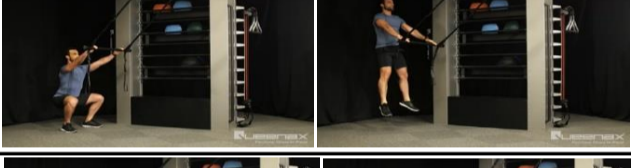

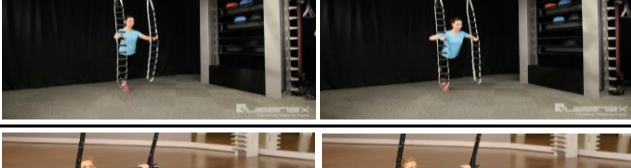

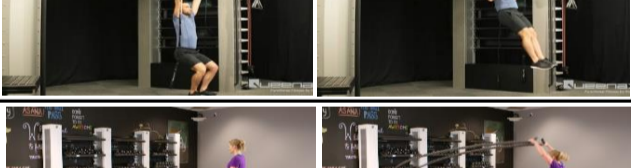
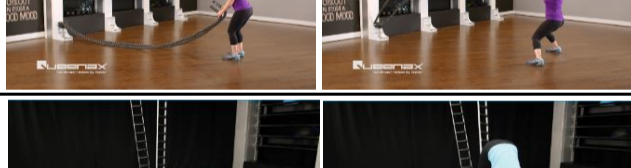
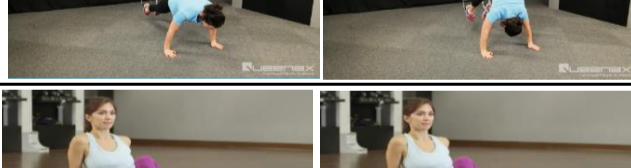


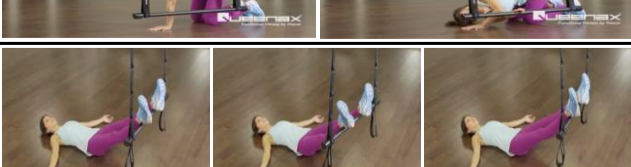

Week 1 Goal: Introduce a variety of exercises targeting full body and metabolic challenge

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Hip Hinge		12 total	Waist	Maintain lumbar curve through motion
		Hanging Scapular Depression		15 total	Overhead	Move scapula with control
		Assisted Squat		15 total	Waist	Change your foot position with each rep
		Mountain Climbers		10 per side	Knee	Avoid hyperextending spine
		Ys		12 total	Thigh	Maintain lumbar curve during flexion and extension of hips
Workout - 2 rounds x 30 seconds work / 30 seconds recovery	Superfunctional	Seated Squat Jump		30 sec	Ankle	Focus on landing softly with each rep
	Superfunctional	Row		30 sec	Thigh	Maintain a plank position throughout movement
	Up Strength	Angled Push-Up		30 sec		Avoid hyperextending spine
	Superfunctional	Crossover Sit-Up		30 sec	Level 8	Keep tension on straps, but do not use bar to pull up!
	Superfunctional	Lateral Jumps		30 sec	Ankle	Land softly with a bend in ankle, knee and hip
	Superfunctional	Superman		30 sec	Ankle	Push out into roll out, aligning arms with ears
	Superfunctional	Rollout		30 sec	Hip	Avoid hyperextending spine
Cool Down	Superfunctional	Trigger Point Foot		30 sec	Bar only	Stand with bar under one foot and roll bar along bottom of foot
		Standing Chest Opener		30 sec	Straps only	Hold on to each strap and lean forward to open chest
		Hamstring with Rotation		30 sec per side	Strap only	Reach arm out to opposite side and then pull across body
		Suspended Corpse Pose		30-60 sec	Level 8	Relax!


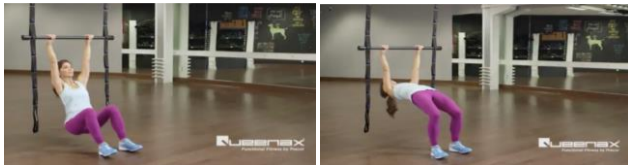


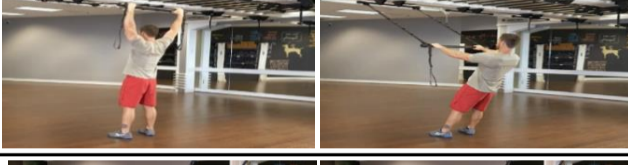
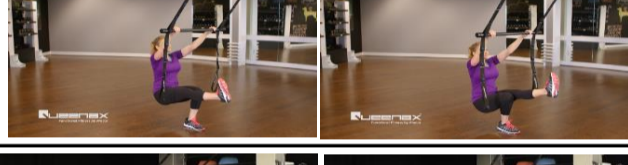

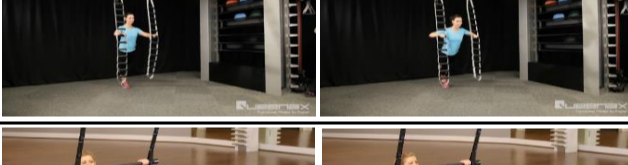



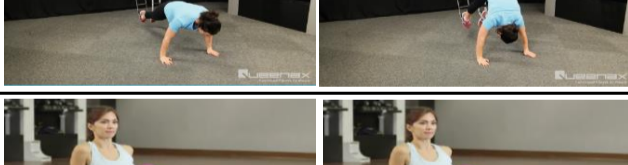

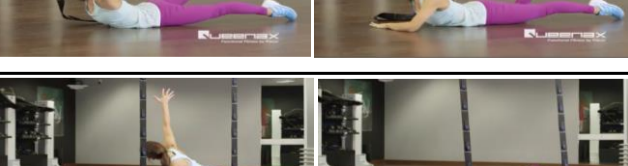


Week 2 Goal: Demonstrate progression through increased work interval and various exercise selection

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Hip Hinge		12 total	Waist	Maintain lumbar curve through motion
		Hanging Scapular Depression		15 total	Overhead	Move scapula with control
		Assisted Squat		15 total	Waist	Change your foot position with each rep
		Angled Plank with In/Out Hand Walk		10 per side	Hip	Minimize rotation through spine as hands move
		Ys		12 total	Thigh	Maintain lumbar curve during flexion and extension of hips
Workout - 2 rounds x 40 seconds work / 20 seconds recovery	Superfunctional	Seated Squat Jump		40 sec	Ankle	Focus on landing softly with each rep
	Superfunctional	Row		40 sec	Thigh	Decrease body angle to increase resistance challenge
	Up Strength	Angled Push-Up		40 sec		Decrease body angle to increase resistance challenge
	Up Strength	Spider Planks - Category 2		40 sec		In plank position, rotate hip and bring knee to chest
	Superfunctional	Lateral High Knees		40 sec	Ankle	Leap laterally across bar without rest
	Superfunctional	Up-Down Mountain Climbers		40 sec	Ankle	Travel forward and backward while maintaining pressure on bar
	Superfunctional	Rollout		40 sec	Hip	Avoid hyperextending spine
Cool Down	Superfunctional	Trigger Point Foot		30 sec	Bar only	Stand with bar under one foot and roll bar along bottom of foot
		Half kneeling Chest Opener		30 sec	Bar only	Hold bar overhead and flex torso left and right with control
		Hamstring with Rotation		30 sec per side	Strap only	Reach arm out to opposite side and then pull across body
		Suspended Corpse Pose		30-60 sec	Level 8	Relax!

Week 3 Goal: Introduce different exercise selection to challenge full body and metabolism

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Diva - same leg		10 per side	Waist	Hinge from one leg and extend arms forward
		Hanging Hip Bridge		15 total	Waist	Maintain scapula retraction
		Assisted Squat		15 total	Waist	Change your foot position with each rep
		Angled Plank with Crossbody Knee Drive		10 per side	Hip	Drive knee to opposite elbow while maintaining tall posture
		Ys		12 total	Thigh	Maintain lumbar curve during flexion and extension of hips
Workout - 2 rounds x 30 seconds work / 30 seconds recovery	Superfunctional	Jump Squat		30 sec	Waist	Land softly and sit back into hips each rep
	Superfunctional	Single Side Row		30 sec	Knee	Complete left arm during round 1 and right arm during round 2
	Up Strength	Single Leg Angled Push-Up		30 sec		Resist rotation through body as keeping one leg elevated
	Superfunctional	Windshield Wipers - Category 2		30 sec	Ankle	Maintain tall posture during exercise movement
	Superfunctional	Jump Assisted Pull-Up		30 sec	Overhead	Slowly lower body to ground
	Battle Rope	Squat Jacks		30 sec		Complete a jumping jack with a rope end in each hand
	Up Strength	Pike		30 sec		Bend at hips and pull feet toward midline of body
Cool Down	Superfunctional	Trigger Point Piriformis		30 sec per side	Bar only	Position bar under piriformis muscle and gently roll forward and backward
		Adductor		30 sec per side	Strap only	Keep opposite hip and shoulder pressed into mat
		Weave Through Chest Stretch		30 sec per side	Level 9	Rotate through torso and then weave arm through to bar, pushing it away
		Suspended Corpse Pose with Sway		30-60 sec	Level 8	Relax!

Week 4 Goal: Demonstrate progression through increased work interval and various exercise selection

Training Phase	Training Tool	Exercise	Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Diva - Same Leg 	10 per side	Waist	Hinge from one leg and extend arms forward
		Hanging Hip Bridge 	15 total	Waist	Maintain scapula retraction
		Assisted Squat 	15 total	Waist	Change your foot position with each rep
		Angled Plank with Cross-Body Knee Drive 	10 per side	Hip	Drive knee to opposite elbow while maintaining tall posture
		Ys 	12 total	Thigh	Maintain lumbar curve during flexion and extension of hips
Workout - 2 rounds x 40 seconds work / 20 seconds recovery	Superfunctional	Alternating Assisted Pistol Jump Squats 	40 sec	Thigh	Maintain pressure on bar
	Superfunctional	Single Side Row with Rotation 	40 sec	Knee	Complete left arm during round 1 and right arm during round 2
	Up Strength	Single Leg Angled Push-Up 	40 sec		Resist rotation through body as keeping one leg elevated
	Superfunctional	Windshield Wipers - Category 2 	40 sec	Ankle	Maintain tall posture during exercise movement
	Superfunctional	Metabolic Jumping Pull-Ups 	40 sec	Overhead	Jump and pull body up continuously without rest
	Battle Rope	Single Rope Waves with Side Shuffle 	40 sec		Keep the rope moving in rhythmic undulations as you shuffle
	Up Strength	Pike 	40 sec		Bend at hips and pull feet toward midline of body
Cool Down	Superfunctional	Trigger Point Piriformis 	30 sec per side	Bar only	Position bar under piriformis muscle and gently roll forward and backward
		Lying Quadriceps 	30 sec per side	Strap only	Lie prone with bottom of one strap around foot
		Weave Through Chest Stretch 	30 sec per side	Level 9	Rotate through torso and then weave arm through to bar, pushing it away
		Suspended Corpse Pose with Sway 	30-60 sec	Level 8	Relax!