
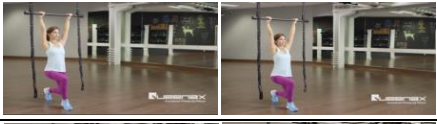
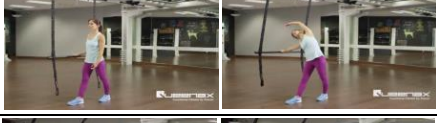

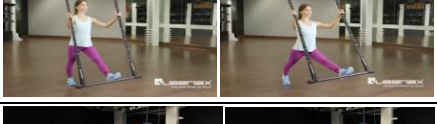




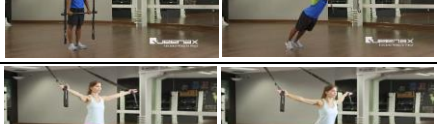

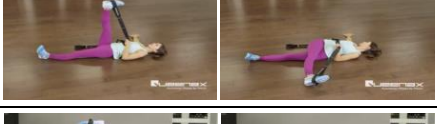



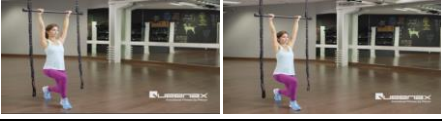
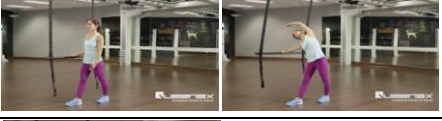
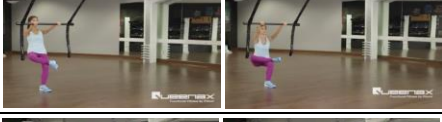
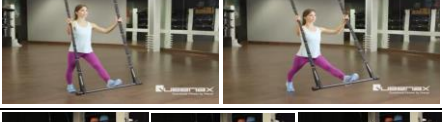

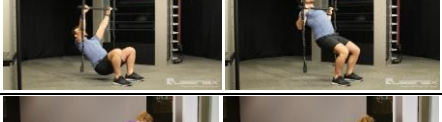




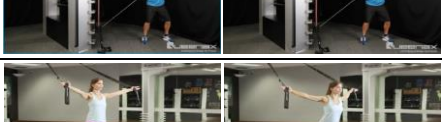


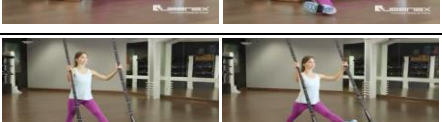




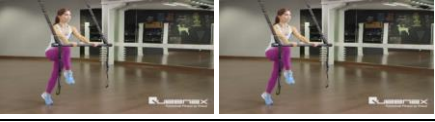
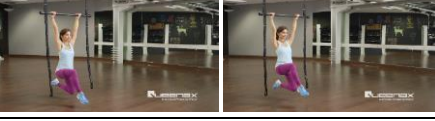
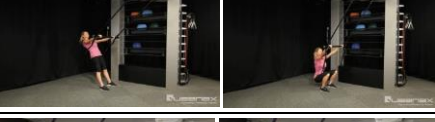
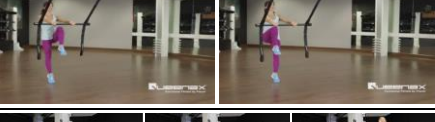

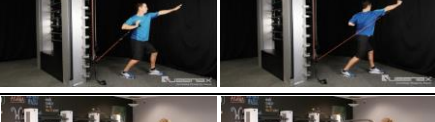
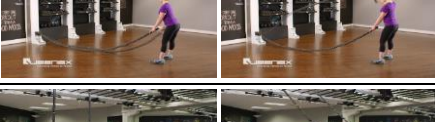
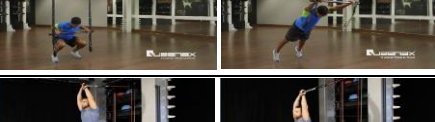





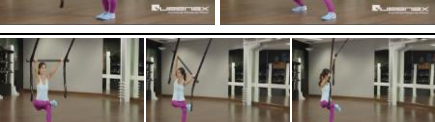

**Week 1 Goal: Introduce and coach the concept of bracing the core**

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
		Side Reach		10 per side	Hip	Maintain pressure on bar as reach overhead
		Glute Stretch		10 per hip	Hip	Avoid rotating pelvis during stretch
		Hamstrings		30 sec per side	Ankle	Avoid rotating pelvis during stretch
Workout - 3 rounds; 45 seconds work / 15 seconds recovery per exercise	Superfunctional	Squat		45 sec	Waist	Maintain pressure down on bar to activate core
	Superfunctional	Push up		45 sec	Thigh	Avoid hyperextending spine
	Superfunctional	Seated Jump Squat		45 sec	Ankle	Land on heel, push through heel
	Superfunctional	Sit-Up		45 sec	Ankle	Maintain pressure down on bar to activate core
	Superfunctional	Overhead Lunge		45 sec	Waist	Maintain pressure down on bar to activate core
	Superfunctional	Row		45 sec	Thigh	Maintain neutral spine during row motion
	Superfunctional	Rollout		45 sec	Ankle	Brace the glutes and core as you reach your hands forward
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


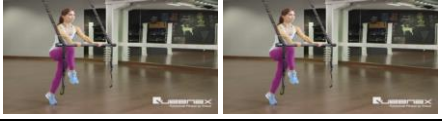
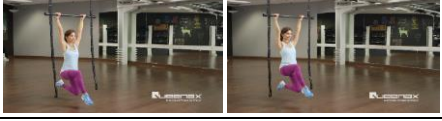



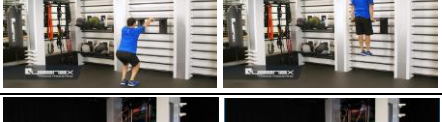

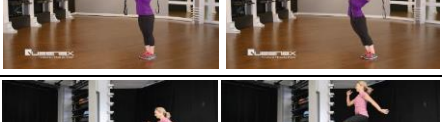


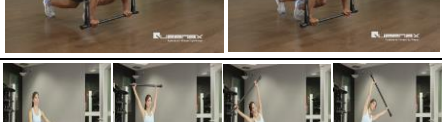




**Week 2 Goal: Introduce and coach the concept of mobilizing the scapula: Progress bracing the core**

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
		Side Reach		10 per side	Hip	Maintain pressure on bar as reach overhead
		Glute Stretch		10 per hip	Hip	Avoid rotating pelvis during stretch
		Hamstrings		30 sec per side	Ankle	Avoid rotating pelvis during stretch
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	Pull up - Legs Down		45 sec	Ankle	Keep chest upright during pulling motion
	Plyometric Platform	Mountain Climbers		45 sec	Ankle	Brace the core as you move
	Superfunctional	Angled Plank Rotation and Reach		45 sec	Hip	Maintain tension on bar as reach opposite arm through
	Superfunctional	Stationary Split Squat		45 sec	Waist	Maintain pressure down on handles
	Up Strength	Angled Pushup		45 sec	Waist	Keep a braced core
	Strong++	Anti-Rotation		45 sec	Ankle	Brace the core as you reach your hands
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 3 Goal: Introduce concept of 3D movement while progressing scapula mobilization and stabilization**

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Bridge with feet on the bar		15 total	Ankle	Press feet into bar as extend hips
		Angled Plank with Cross-Body Knee Drive		10 per side	Hip	Maintain pressure on bar as drive knee to opposite elbow
		Hanging Scapular Depression		15 total	Overhead	Avoid hyperextending spine
		Assisted Squat		15 total	Hip	Change foot position with each rep
		Skipping		10 per side	Hip	Maintain tension on bar
Workout - 3 rounds; 45 seconds work / 15 seconds recovery per exercise	Plyometric Platform	Step up		45 sec	Ankle	Push through your heels
	Strong++	Single Side Upper Body Push with Rotation - Low Pull Point		45 sec	Waist	Reach with the scapula as you press
	Battle Ropes	Alternating Rope Waves		45 sec	Waist	Keep an upright posture and body braced
	Superfunctional	Superman		45 sec	Waist	Maintain core engagement as extend body
	Strong++	Lunge with Overhead Reach - High Pull Point		45 sec	Overhead	Avoid overarching lower back and brace the core
	TRX	Inverted Row		45 sec	Ankle	Keep body in a straight line
	Torso Trainer	Standing Rotation with Straight Arms		45 sec	Ankle	Push through the hips and brace the core
Cool Down	Superfunctional	Half Kneeling Chest Opener		30 sec per side	Bar 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

**Week 4 Goal: Progress 3D Movement and App usage while coaching scapula mobilization and stabilization**

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Bridge with feet on the bar		15 total	Ankle	Press feet into bar as extend hips
		Angled Plank with Cross-Body Knee Drive		10 per side	Hip	Maintain pressure on bar as drive knee to opposite elbow
		Hanging Scapular Depression		15 total	Overhead	Avoid hyperextending spine
		Assisted Squat		15 total	Hip	Change foot position with each rep
		Skipping		10 per side	Hip	Maintain tension on bar
Workout - 3 rounds; 45 seconds work / 15 seconds recovery per exercise	Up Strength	Reverse Lunge		45 sec	Ankle	Push your weight back into your hips as you descend into the lunge
	Mobile Parallels	Push Through		45 sec	Thigh	Stabilize scapula at the top of the movement
	Strong ++	Side Shuffle Squat		45 sec	Waist	Maintain squat depth
	Superfunctional	Standing Obliques		45 sec	Ankle	Stay tall in posture
	Plyometric Platform	Step-Ups with Jump		45 sec	Overhead	Drive through the heels
	Superfunctional	Metabolic Jumping Pullups		45 sec	Ankle	Depress scapula down and you ascend into pullup
	Superfunctional	Mountain Climbers		45 sec	Ankle	Maintain scapula protraction during movement
Cool Down	Superfunctional	Half Kneeling Chest Opener		30 sec per side	Bar 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