
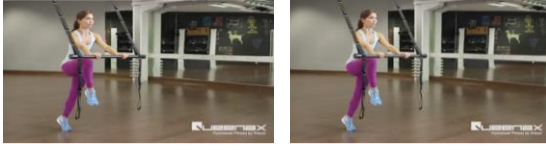


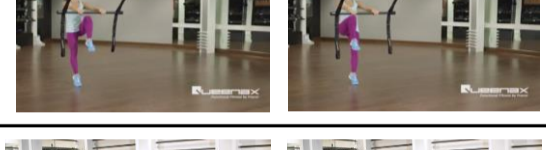

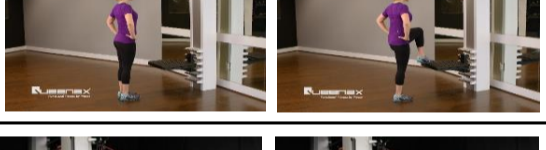
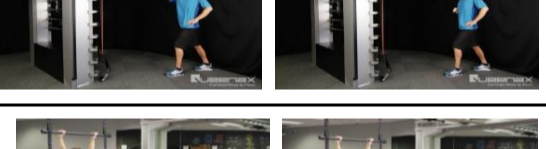
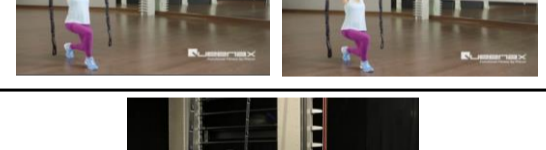


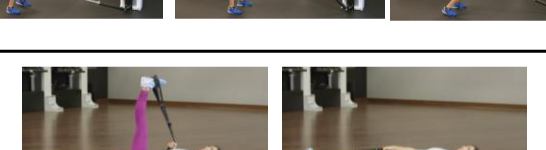
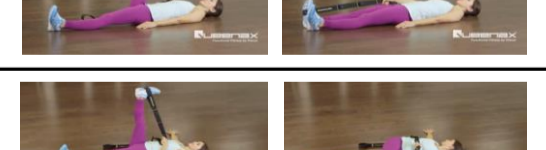
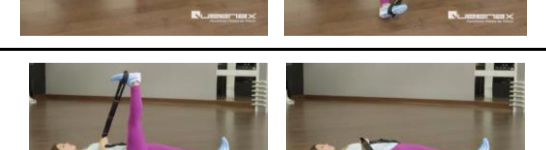
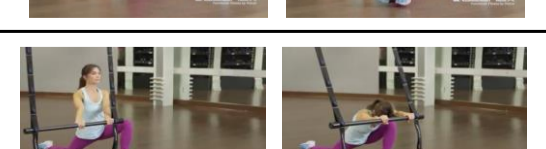
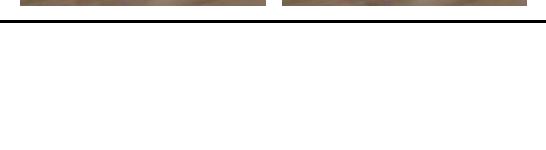
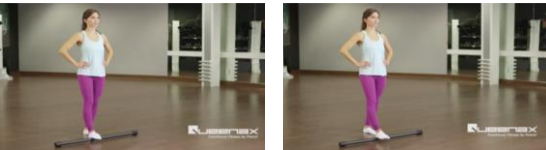


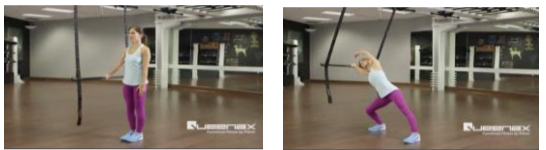




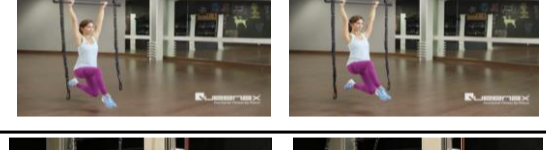
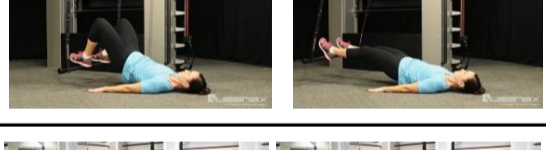


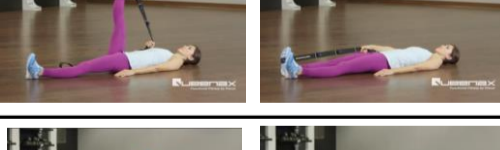
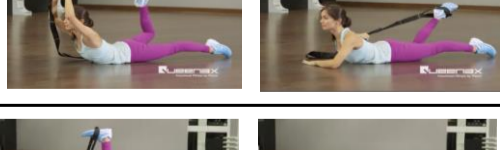
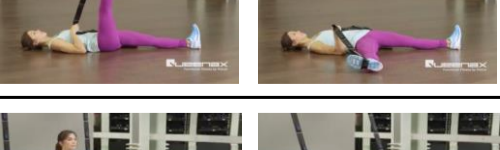




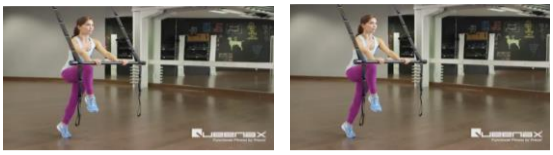
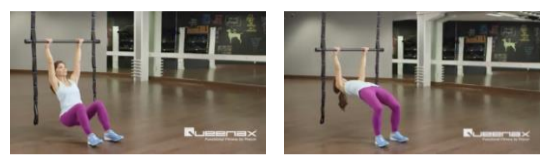


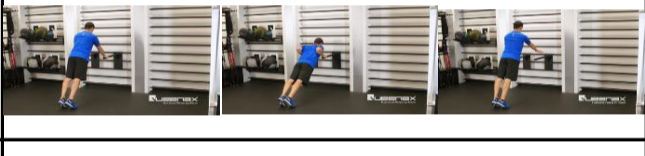

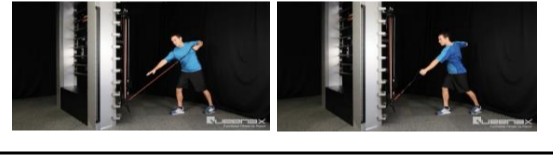
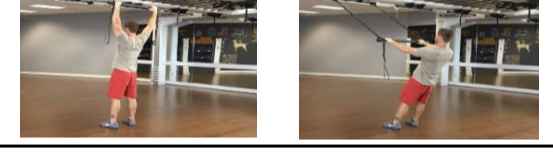
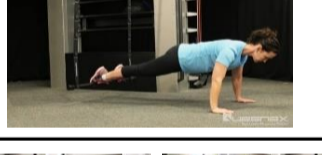

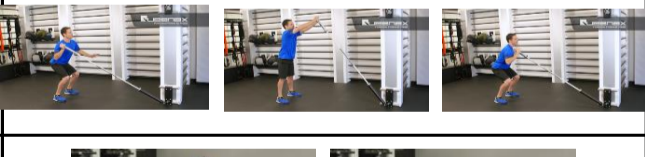

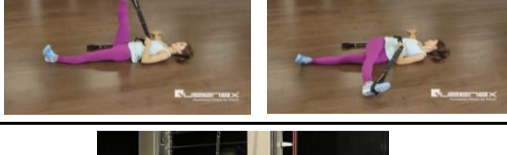

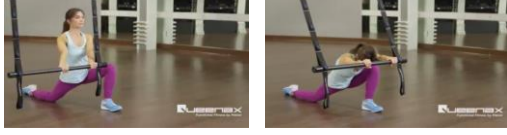
Week 1 Goal: Introduce movement types and goal of program

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Trigger Point Foot		30s	Bar only	Control speed as you roll the arch of foot
		Angled Plank with Alternating Knee Drive		12 reps ea	Hip	Maintain pressure on bar
		Hanging Hip Bridge		12 reps	Hip/Waist	Maintain scapula retraction
		Lateral Reach and Step		12 reps ea	Hip	Reach free arm overhead as you push bar away from body
		Skipping		30s	Hip	Maintain pressure on bar while engaging in stationary skip motion
Workout - Complete 2 rounds of 45 seconds work / 15 seconds recovery	Mobile Parallels	Push-Ups		45 sec		Avoid hyperextending lumbar spine during push-up motion
	Plyometric Platform	Toe Taps - Category 2		45 sec		Perform alternating taps at tempo while maintaining neutral upper body
	Strong++	Single Side Row - High Pull Point		45 sec		Pull elbow high to low
	Superfunctional	Scapular Depression		45 sec	Overhead	Avoid overarching lumbar spine while engaging lats
	Superfunctional	Glute Bridge		45 sec	Level 9	Position mid foot on bar and lift hips parallel to shoulders and knees
	Suspension Abs	Hanging Crunch with Rest		45 sec		Maintain scapula retraction
	Torso Trainer	Standing Rotation with Straight Arms		45 sec		Pivot body left to right with straight arms
Cool Down	Superfunctional	Hamstring		60s	Strap	Pull strap back until tension is felt
		IT Band Stretch		60s	Strap	Keep opposite shoulder on mat while rotating lower body
		Adductor		60s	Strap	Keep opposite heel flexed and toe pointing to ceiling
		Half Kneeling Hip Flexor Rollout		30s/side	Level 8	Maintain pressure on bar while reaching forward

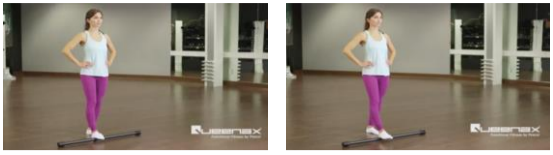

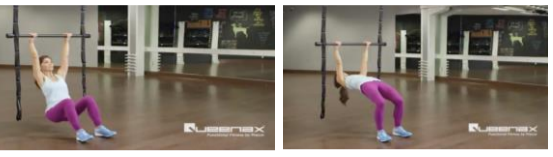
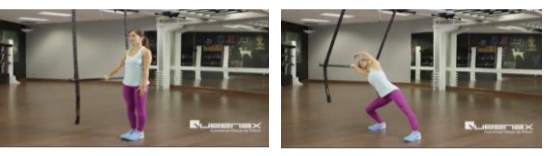



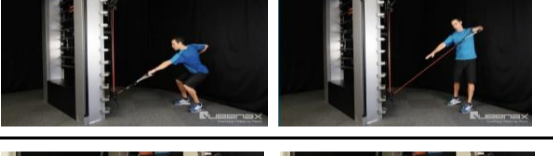
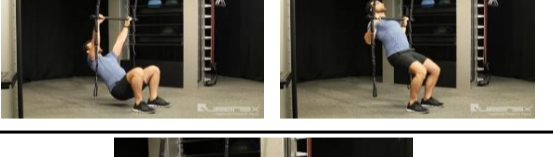

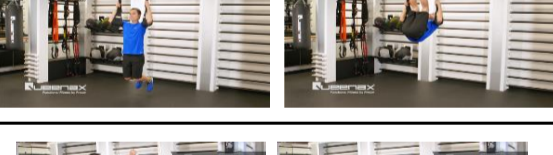
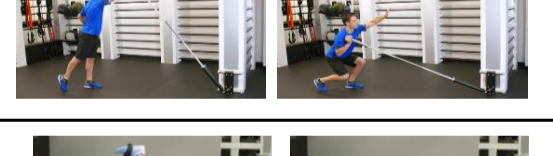


Week 2 Goal: Demonstrate progression of movement types

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Trigger Point Foot		30s	Bar only	Control speed as you roll the arch of foot
		Angled Plank with Alternating Knee Drive		12 reps ea	Hip	Maintain pressure on bar
		Hip Hinge		12 reps	Hip	Hinge at hip, sliding bar forward and hips backwards
		Lateral Reach and Step		12 reps ea	Hip	Reach free arm overhead while pushing bar away from body
		Marching with Single Arm Press		30 sec per arm	Thigh	Hold bar overhead with one arm and begin rhythmically marching
Workout - Complete 2 rounds of 45 seconds work / 15 seconds recovery	Mobile Parallels	Single Leg Push-Ups		45 sec		Elevate one leg while performing push-ups
	Plyometric Platform	Step Ups		45 sec		Face platform and step up and down
	Strong++	Single Side Row - low pull point		45 sec		Pull elbow low to high with handle close to body
	Superfunctional	Hanging Scapular Depression		45 sec	Overhead	Keep legs elevated with knees at 90 degree angles
	Superfunctional	Hamstring Curl		45 sec	Ankle	Position mid foot on bar and elevate hips, flexing and extending knees
	Suspension Abs	Single leg Raise		45 sec		Maintain scapula retraction
	Torso Trainer	Single Arm Press - Category 2		45 sec		Face bar, holding bar in one hand and press overhead
Cool Down	Superfunctional	Hamstring		60s	Strap	Pull strap back until tension is felt
		Lying Quadriceps		60s	Strap	Lying prone, raise arms overhead while elevating foot
		Adductor		60s	Strap	Keep opposite heel flexed and toe pointed to ceiling
		Half Kneeling Hip Flexor Rollout		30s/side	Level 8	Maintain pressure on bar while reaching forward

Week 3 Goal: Enhance workout challenge by incorporating category 3 and sport, skill, play movements

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Trigger Point Foot		30s	Bar only	Control speed as you roll the arch of foot
		Angled Plank with Alternating Knee Drive		12 reps ea	Hip	Maintain pressure on bar
		Hanging Hip Bridge		12 reps	Hip/Waist	Maintain scapula retraction
		Shuffle Under		12 reps ea	Waist	Keep spine neutral and squat down under bar
		Up-Down Mountain Climbers		30s	Level 9	Travel forward and backward once movement rhythm is established
Workout - Complete 2 rounds of 45 seconds work / 15 seconds recovery	Mobile Parallels	Plyometric Push-Up - Category 3		45 sec		Push up forcefully allowing the hands to come off grips briefly
	Plyometric Platform	Multi-Planar Step Ups		45 sec		Face platform and step up; step down and up laterally, repeat sequence
	Strong++	Single Side Row with Rotation - Low Pull Point		45 sec		In split stance, draw elbow back to shoulder height while rotating at waist
	Superfunctional	Ys		45 sec	Knee	Hinge at waist and then pull arms overhead to standing position
	Superfunctional	Plank on Hands		45 sec	Ankle	Avoid hyperextending lumbar spine in plank position
	Suspension Abs	Hanging Crunch - Category 1		45 sec		Keep shoulders pressed down while raising knees to chest
	Torso Trainer	Squat to Alternating Press - Category 3		45 sec		From squat position, stand and press bar overhead, passing to opposite hand
Cool Down	Superfunctional	Hamstring		60s	Strap	Pull strap back until tension is felt
		IT Band Stretch		60s	Strap	Keep opposite shoulder on mat while rotating lower body
		Glute Bridge		60s	Hip	Cross one ankle on top of knee and sit back into stretch
		Half Kneeling Hip Flexor Rollout		30s/side	Level 8	Maintain pressure on bar while reaching forward

Week 4 Goal: Demonstrate proficiency in targeted movement types

Training Phase	Training Tool	Exercise	Time/Reps	Bar Height	Coaching Tips	
Warm-Up	Superfunctional	Triggerpoint Foot		30s	Bar only	Control speed as you roll the arch of foot
		Angled Plank Rotation and Reach		12 reps ea	Hip	Reach arm high across chest and then cross arm under body
		Hanging Hip Bridge		12 reps	Hip/Waist	Maintain scapula retraction
		Lateral Reach and Step		12 reps ea	Hip	Reach free arm overhead while pushing bar away from body
		Lateral High Knees		30s	Level 9	Leap laterally across bar without rest
Workout - Complete 2 rounds of 45 seconds work / 15 seconds recovery	Mobile Parallels	Push Through - Category 3		45 sec		Position parallels at shoulder height; jump up pushing into bars with straight arms
	Plyometric Platform	Step Ups with Jump		45 sec		Step-up, explode upward and jump
	Strong++	Single Side Row with Rotation and Squat - low pull point		45 sec		Squat with arm extended and draw arm into high row, stand and rotate
	Superfunctional	Pull-Up - legs down		45 sec	Waist	Use lower body to assist pull up motion
	Superfunctional	Plank on Elbows		45 sec	Ankle	Avoid hyperextending lumbar spine in plank position
	Suspension Abs	Toes to Bar - Category 1		45 sec		Lift hips, tuck body and reach feet toward training bar
	Torso Trainer	Split Squat to Press		45 sec		Drop into split squat, press bar overhead while standing from squat position
Cool Down	Superfunctional	Adductor		60s	Strap	Keep opposite heel flexed and toe pointed to ceiling
		Shoulders and Lateral Line Stretch		60s	Hip	Position body sideways with one foot in front of each other
		Hamstrings		60s	Level 9	Set one foot on bar and shift leg forward into stretch
		Half kneeling Hip Flexor Rollout		30s/side	Level 8	Maintain pressure on bar while reaching forward