
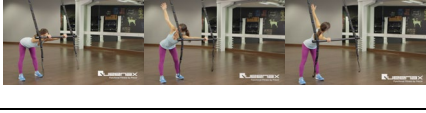









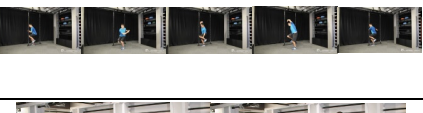
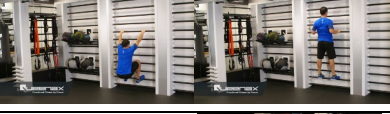

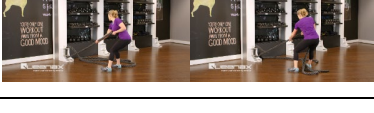
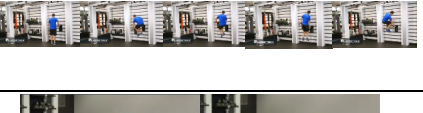
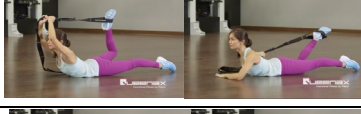
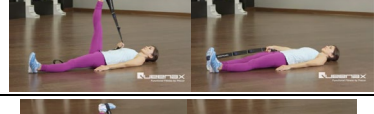
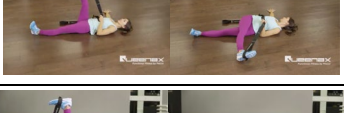




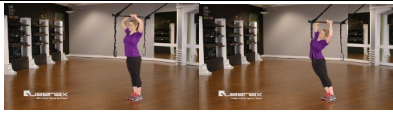




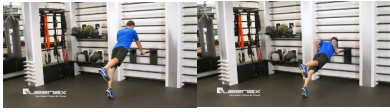
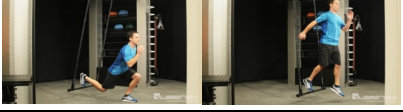

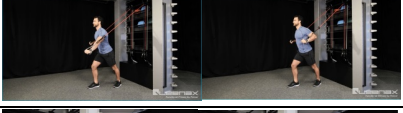

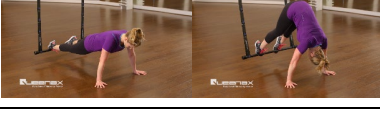

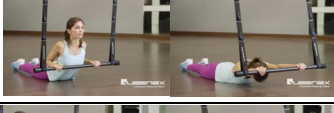


**Week 1 Goal: Introduce upper body pull and push exercises and lower body sport skill play movements**

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Shoulders and Lateral Line Stretch		30 sec per side	Hip	Maintain scapula retraction
		Standing Obliques		8 per side	Head	Keep hands and bar close to head during movement
		Hip Hinge with Twist		8 per side	Hip	Rotate head as lift arm to ceiling
		Y's		10	Knee	Finish movement by retracting scapula
		Superman		10	Ankle	Explode through hips
Workout - Complete 2 rounds using prescribed reps or time	Mobile Parallels	Supine Rows - category 1		12 total		Maintain glute activation during movement
	Mobile Parallels	Push-ups		12 total		Avoid hyperextending spine
	Superfunctional	Suspended Lunge		30 sec per side	Ankle	Keep chest upright
	Superfunctional	Single Side Row		12 per side	Knee	Keep core engaged in a plank position
	Strong++	Single Side Upper Body Push - low pull point		12 per side		Push handle up and diagonal from pull point
	Superfunctional	Jump Squat		30 sec total	Waist	Land softly, sitting into hips
	Superfunctional	Rollout		12 total	Hip	Avoid hyperextending spine
Cool Down	Superfunctional	Quadruped Chest Stretch		30s per side	Level 8	Maintain pressure on the bar as push away from body
		Cobra Stretch		12 total	Level 9	Begin with bar directly below anchor point
		Firelog Pose with Forward Reach		30 sec	Level 8	Flex and extend knee to vary stretch
		Suspended Corpse Pose		1 min	Level 8	Relax!




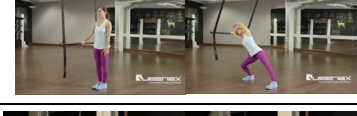
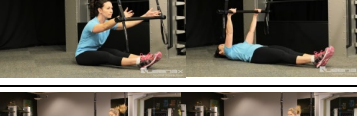
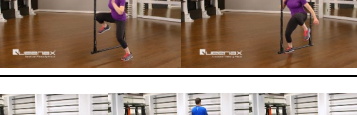
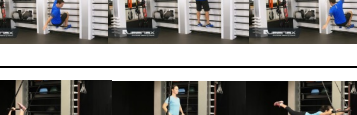

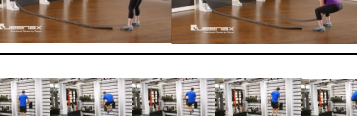
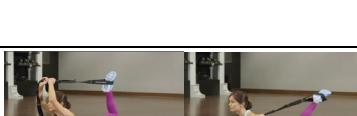


**Week 2 Goal: Introduce core and lower body exercises and sport skill play movements**

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Triggerpoint - Foot		30 sec	Bar only	Gently roll bar along bottom of foot
		Triggerpoint - Piriformis		30 sec	Bar only	Gently rock back and forth
		Hip Hinge		12	Hip	Maintain neutral spine as flex at hip
		Hanging Hip Bridge		12	Waist	Maintain scapula retraction
		Lateral Reach and Step		10 per side	Hip	Avoid hyperextending spine
Workout - Complete 2 rounds using prescribed reps or time	Superfunctional	Glute Bridge		12 total	Ankle	Press feet into bar
	Superfunctional	Crunch		12 total	Ankle	Maintain knee flexion and foot pressure into bar
	Superfunctional	Balance Jumps - category 3		30 sec	Ankle	Land softly with ankle, knee and hip flexion
	Wall Bar	Spider Squat		12 total		Keep chest upright while sitting back into hips
	Superfunctional	Hip Extension		12 per side	Waist	Maintain lumbar curve as flex hips
	Battle Rope	Pull Through		30 sec		Maintain an athletic stance
	Mobile Parallels	Lumber Jacking		1 min		Be mindful of head clearance for safety
Cool Down	Superfunctional	Lying Quadriceps		30 sec per side	Strap only	Lie prone with bottom of one strap around foot
		Hamstring		30 sec per side	Strap only	Limit pelvis rotation during stretch
		IT Band Stretch		30 sec per side	Strap only	Keep shoulders in contact with ground during stretch
		Adductor		30 sec per side	Strap only	Raise heel to ceiling and abduct leg

**Week 3 Goal: Progression of Week 1 upper body strength exercises and lower body sport skill play movements**

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Shoulders and Lateral Line Stretch		30s per side	Hip	Maintain scapula retraction
		Standing Obliques		8 per side	Head	Keep hands and bar close to head during movement
		Hip Hinge with Twist		8 per side	Hip	Rotate head as lift arm to ceiling
		Y's		10	Knee	Finish movement by retracting scapula
		Superman		10	Ankle	Explode through hips
Workout - Complete 3 rounds using prescribed reps or time	Mobile Parallels	Kneeling Pull up		12 total		Use legs to support pull up as needed
	Mobile Parallels	Single Leg Push-ups		12 total		Minimize pelvis rotation during movement
	Superfunctional	Suspended Lunge with hop		30 sec per side	Ankle	Keep chest upright
	Strong++	Single Side High Row with Rotation - low pull point		10 per side		Allow rotation through upper back as pull handle
	Strong++	Single Side Upper Body Push with lunge - high pull point		10 per side		Step forward into lunge as press
	Plyo Platform	Box Jumps		30 sec		Step down with control between reps
	Superfunctional	Pike		12 total	Ankle	Maintain scapula control as flex hips
Cool Down	Superfunctional	Quadruped Chest Stretch		30s per side	Level 8	Maintain pressure on the bar as push away from body
		Cobra Stretch		12 total	Level 9	Begin with bar directly below anchor point
		Firelog Pose with Forward Reach		30 sec	Level 8	Flex and extend knee to vary stretch
		Suspended Corpse Pose		1 min	Level 8	Relax!

**Week 4 Goal: Progression of Week 2 core and lower body strength exercises with sport skill play movement**

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Triggerpoint - Foot		30 sec	Bar only	Gently roll bar along bottom of foot
		Triggerpoint - Piriformis		30 sec	Bar only	Gently rock back and forth
		Hip Hinge		12	Hip	Maintain neutral spine as flex at hip
		Hanging Hip Bridge		12	Waist	Maintain scapula retraction
		Lateral Reach and Step		10 per side	Hip	Avoid hyperextending spine
Workout - Complete 3 rounds using prescribed reps or time	Superfunctional	Hamstring Curl		12 total	Ankle	Position mid foot on bar
	Superfunctional	Sit up		12 total	Ankle	Maintain tension on bar as sit up
	Superfunctional	Lateral High Knees		30 sec	Ankle	Leap laterally across bar without rest
	Wall Bar	Squat to Rotational Reach		10 per side		Alternate one arm reach as squat
	Superfunctional	Diva - same leg		10 per side	Waist	Maintain pressure on the bar
	Battle Rope	Single Rope Wave with Squat		30 sec		Maintain scapula retraction
	Mobile Parallels	Lumber Jacking		1 min		Be mindful of head clearance for safety
Cool Down	Superfunctional	Lying Quadriceps		30 sec per side	Strap only	Lie prone with bottom of one strap around foot
		Hamstring		30 sec per side	Strap only	Limit pelvis rotation during stretch
		IT Band Stretch		30 sec per side	Strap only	Keep shoulders in contact with ground during stretch
		Adductor		30 sec per side	Strap only	Raise heel to ceiling and abduct leg