






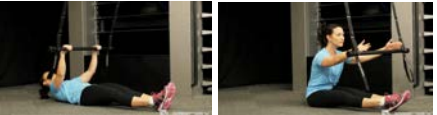


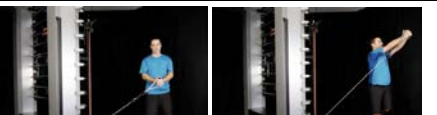
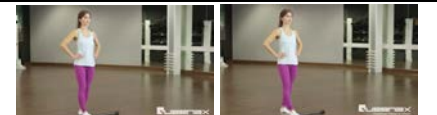



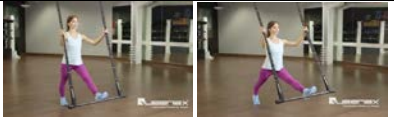








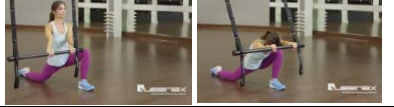








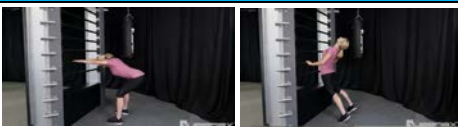


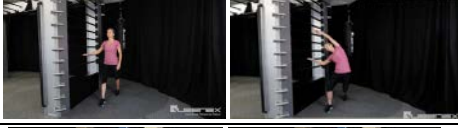




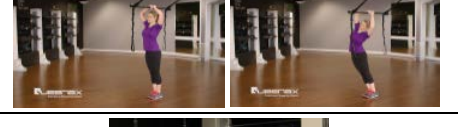

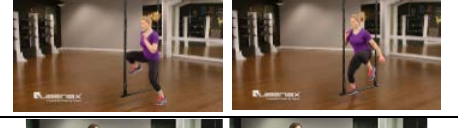


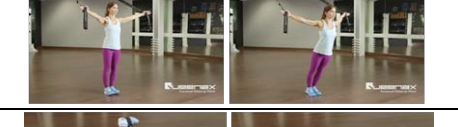

Week 1 Goal: Overall strength, endurance, balance in a well-rounded total body workout.

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Wall Bars	Bend to Extend		30-45 seconds	Self select a good bar height to feel the stretch	Only go up into extension as far as feels comfortable. Breathe out on the bend, in on the extend.
		Dynamic Shoulder Mobility		30-45 seconds	Self select a good bar height to feel the stretch	Bend the back knee to feel an appropriate stretch. Stand closer to wall if you need less stretch.
		Hamstrings		30 sec per side	Self select a good bar height to feel the stretch	Lower the leg for a less intense stretch. Keep hands on bar when extended the leg.
		Side Reach		30 sec per side	Self select a good bar height to feel the stretch	Breathe in when reaching over towards the bar.
Workout - complete as a circuit 1-2 times	Plyo Platform	Step Ups		12-15 reps ea. Side	Self select your step height.	Drive up through the leg on the step. Using alternating arm actions.
	Superfunctional	Row		12-15 reps	Hip	Adjust bar height or change training angle to modify exercise
	Strong ++	Push		12-15 reps	Overhead anchor	Select a band resistance of appropriate challenge
	Superfunctional	Sit Up		12-15 reps	Knee	Use the Superfunctional to assist in the sit-up as much as you like.
	Superfunctional	Standing/Or Standing Squat		45 sec/ or 12 reps	Ankle	Option 1- stand & practice balance. Opt 2- work your legs and add a squat. Hold onto straps as needed.
	Superfunctional	Lunge with Twist		12 reps, alternating	Waist	Modify exercise by reducing range of motion
	Strong ++	Standing Twist		12 reps per side	Low Anchor point	Select a band resistance of appropriate challenge
Cool Down	Superfunctional	Foot		30 sec per side	Bar only	Breathe and self apply as much pressure as needed.
		Quadriceps		30 sec per side	Bar only	Breathe and self apply as much pressure as needed.
		Standing Chest Opener		30 sec	Straps hanging only	Keep arms straight, you may rotate your arms.
		IT Band Stretch		30 sec per side	Strap only	Use strap to assist in the stretch

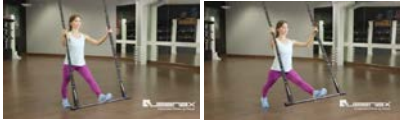













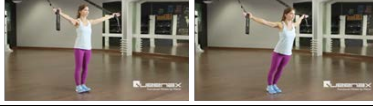

Week 2 Goal: Overall strength, endurance, balance in a well-rounded total body workout.

Training Phase	Training Tool	Exercise	Time/Reps	Bar Height	Coaching Tips	
Warm-Up	Superfunctional	Hamstring Dynamic Integration		30-45 seconds	8	Hold onto straps and roll out to a moderate stretch and repeat.
	Superfunctional	Half Kneeling Hip Flexor Roll Out		30-45 seconds	8	Drive your hips forward as you reach your hands out and away from your body. Switch sides half way.
	Superfunctional	Hip Hinge with Twist		30-45 seconds	Hip Height	Keep knees soft, and pressure on the bar as you rotate the other arm away. Alternate arms.
	Superfunctional	Lateral Line Stretch		30-45 seconds	Hip Height	Hold bottom of stretch for 2-3 seconds before switching sides.
	Superfunctional	Squat		30-45 seconds	Hip Height	Drive hips down and back in squat. Use SF for assistance when needed. Switch feet half way.
Workout - complete as circuit 1-2 times	Superfunctional	Triceps Dips		12 reps	Hip	Lift one leg for more resistance. Keep chest proud.
	Mobile Parallels	Push Up		12 reps	Waist height or lower on wall bars	Adjust mobile parallels height or change training angle to modify exercise
	Superfunctional	Squat to Row		12 reps	Hip	Start at the end of the row to self select foot position for row and squat.
	Superfunctional	Swing		12 reps	Knee	Challenge yourself by keeping grip light or not holding on.
	Superfunctional	Half Kneeling Hip Flexor Rollout		12 reps	Knee	Reach arms out in front and over head. Bring hips forward with roll. Brace the core and come back.
	Mobile Parallels/Wall Bars	Pull Up		12 reps	Overhead on wall bars	Place feet on wall bars and use legs to assist in a pull-up.
	Superfunctional	Step Up		12 reps ea.	Level 9 (lowest setting)	Center one foot on bar, and drive the other knee up in front of the body as you step up. Then lower leg back down to floor.
Cool Down	Superfunctional	Foot		30 sec per side	Bar only	Breathe and self apply as much pressure as needed.
		Quadriceps		30 sec per side	Bar only	Breathe and self apply as much pressure as needed.
		Standing Chest Opener		30 sec	Straps hanging only	Keep arms straight, you may rotate your arms.
		IT Band Stretch		30 sec per side	Strap only	Use strap to assist in the stretch

Week 3 Goal: Overall strength, endurance, and progressive balance integrated in the workout.

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Wall Bars	Bend to Extend		30-45 seconds	Self select a good bar height to feel the stretch	Only go up into extension as far as feels comfortable. Breathe out on the bend, in on the extend.
		Dynamic Shoulder Mobility		30-45 seconds	Self select a good bar height to feel the stretch	Bend the back knee to feel an appropriate stretch. Stand closer to wall if you need less stretch.
		Hamstrings		30 sec per side	Self select a good bar height to feel the stretch	Lower the leg for a less intense stretch. Keep hands on bar when extended the leg.
		Side Reach		30 sec per side	Self select a good bar height to feel the stretch	Breathe in when reaching over towards the bar.
Complete 2-3 sets alternating these two moves	Superfunctional	Angled Push with single leg		12 reps	Knee	Steepen training angle to amplify exercise; modify by putting two feet on floor.
	Superfunctional	Single Side Row		12 reps	Hip	Adjust bar height or change training angle to modify exercise
Complete 2-3 sets alternating these two moves	Superfunctional	Glute Bridge		12 reps	Level 9 (lowest setting)	Keep feet under the anchor point. Avoid hyperextending low back.
	Superfunctional	Single Leg Squat		12 reps each	Hip	Modify exercise by doing a bilateral squat.
Complete 2-3 sets alternating these two moves	Superfunctional	Standing Obliques		12 reps each	Waist	Keep elbows wide and shoulders back. Drop the hip.
	Superfunctional	Forearm Side Plank		30 sec per side	N/A	Bend your knees to modify. Amplify by lifting the top leg in air.
Complete 2-3 sets. Rest for 45 seconds between sets.	Superfunctional	Lateral High Knees		45 seconds	Level 9 (lowest setting)	Lift knees high, and try to go at a quick tempo to elevate heart rate.
Cool Down	Superfunctional	Foot		30 sec per side	Bar only	Breathe and self apply as much pressure as needed.
		Quadriceps		30 sec per side	Bar only	Breathe and self apply as much pressure as needed.
		Standing Chest Opener		30 sec	Straps hanging only	Keep arms straight, you may rotate your arms.
		IT Band Stretch		30 sec per side	Strap only	Use strap to assist in the stretch

Week 4 Goal: Overall strength, endurance, and progressive balance integrated in the workout.

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Hamstring roll out		30-45 seconds	8	Hold onto straps and roll out to a moderate stretch and repeat.
	Superfunctional	Half Kneeling Hip Flexor Roll Out		30-45 seconds	8	Drive your hips forward as you reach your hands out and away from your body. Switch sides half way.
	Superfunctional	Hip Hinge with Twist		30-45 seconds	Hip Height	Keep knees soft, and pressure on the bar as you rotate the other arm away. Alternate arms.
	Superfunctional	Lateral Line Stretch		30-45 seconds	Hip Height	Hold bottom of stretch for 2-3 seconds before switching sides.
	Superfunctional	Squat		30-45 seconds	Hip Height	Drive hips down and back in squat. Use SF for assistance when needed. Switch feet half way.
Complete 2-3 sets, alternating these two exercises.	Strong ++	Straight Arm Torso Rotation		30 sec per side	Middle connection	Self select band resistance for challenge. Alternating sides by step turning and twisting.
	Strong ++	Deadlift		12 reps	Low Anchor	Grab handle at ground behind legs. Drive hips forward and keep arms straight.
Complete 2-3 sets, alternating these two exercises.	Superfunctional	Single Leg Hip Hinge to Single Leg Squat		12 reps each	Hip	Stay on the same leg, then switch legs.
	Superfunctional	Roll Out		12 reps	Hip	Step back to amplify exercise; step forward or raise bar to modify
Complete 2-3 sets, alternating these two exercises.	Plyo Platform	Step Up to Balance		12 reps	N/A	Self select height to step up. Add dumbbells if needed.
	Plyo Platform	Angled Push Up		12 reps	N/A	Self select height of the step.
Complete 2-3 sets, alternating sides.	Superfunctional	Single Side Row		12 reps per side	Hip	Reach arms in different directions.
Cool Down	Superfunctional	Foot		30 sec per side	Bar only	Breathe and self apply as much pressure as needed.
		Quadriceps		30 sec per side	Bar only	Breathe and self apply as much pressure as needed.
		Standing Chest Opener		30 sec	Straps hanging only	Keep arms straight, you may rotate your arms.
		IT Band Stretch		30 sec per side	Strap only	Use strap to assist in the stretch