
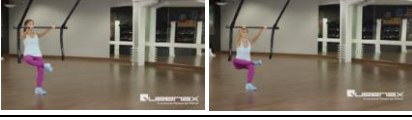
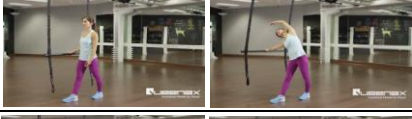


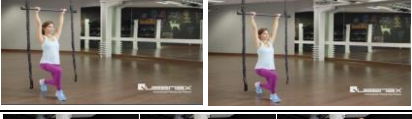



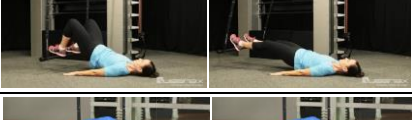





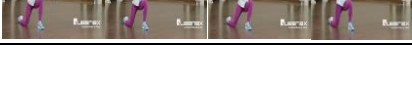




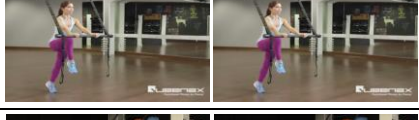







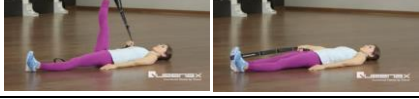

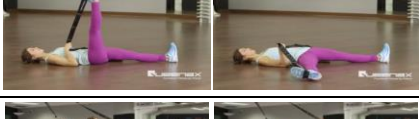





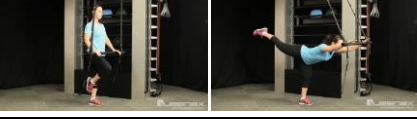
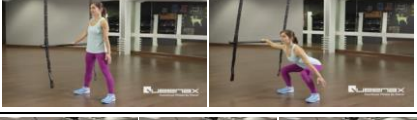





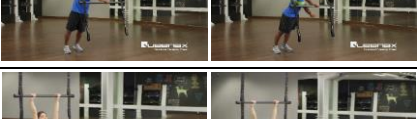
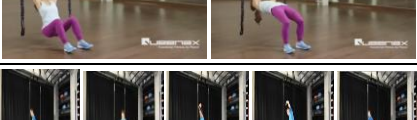

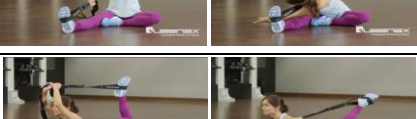

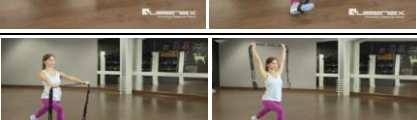

Week 1 Goal: Develop foundational strength in single leg stance and core based movements

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
		Glute Stretch		10 per hip	Hip	Avoid rotating pelvis during stretch
		Side Reach		10 per side	Hip	Maintain pressure on bar as reach overhead
		Hip Hinge		10 total	Waist	Maintain lumbar curve through motion
		Angled Plank		30s totla	Hip	Maintain tall posture
Workout - repeat 2 rounds, allow for 2 minutes of recovery between rounds	Superfunctional	Scapular Depression		40s/20s	Overhead	Keep elbows straight during scapula motion
	Plyo Platform	Step up		40s/20s		Drive body vertical through lead leg
	Superfunctional	Side Plank		40s/20s	Ankle	Keep chest open in plank position
	Torso Trainer	Standing Rotation with Straight Arms		40s/20s		Avoid lateral shift in hips during rotation to side
	Superfunctional	Hamstring Curl		40s/20s	Ankle	Keep hips high!
	Superfunctional	Mountain Climber		40s/20s	Ankle	Maintain tall posture
	Strong++	Abduction		40s/20s		Brace core and place hands on hips
Cool Down	Superfunctional	Hamstring with Rotation		30 sec per side	Hip	Drive arm across body
		Lying Quadriceps		30 sec per side	Strap only	Avoid hyperextending spine
		Adductor		30 sec per side	Strap only	Flex and extend knee to vary stretch
		Half Kneeling Chest Opener		30 sec per side	Bar only	Avoid hyperextending spine



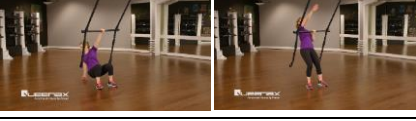
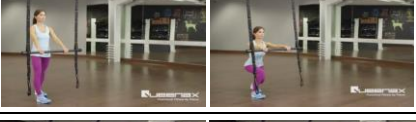
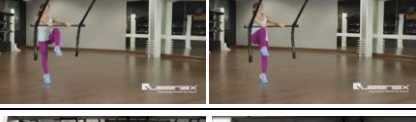
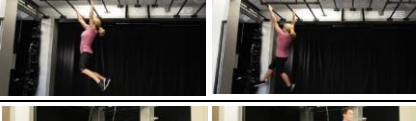
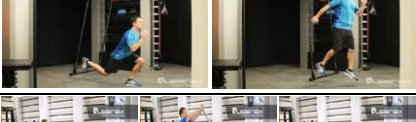






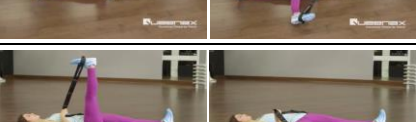
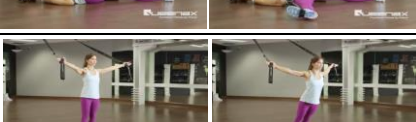

Week 2 Goal: Challenge single leg and core based strength through movement progression

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
		Glute Stretch with Rotation		10 per hip	Hip	Avoid rotating pelvis during stretch
		Hip Hinge with Twist		10 total	Waist	Rotate head and shoulders during twist motion
		Lateral Reach and Step		10 per side	Hip	Maintain pressure on bar as step
		Angled Plank with alternating knee drive		10 per side	Hip	Maintain scapula retraction
Workout - repeat 2 rounds, allow for 2 minutes of recovery between rounds	Superfunctional	Row		40s/15s	Thigh	Keep shoulders down during row
	Wall Bar	Climbing		40s/15s		Keep 3-4 points of contact for beginners
	Superfunctional	Standing Obliques		40s/15s	Head	Avoid torso rotation during side flexion
	Torso Trainer	Standing Rotation with Straight Arms		40s/15s		Avoid lateral shift in hips during rotation to side
	Superfunctional	Single leg Glute Bridge with Hamstring Curl		40s/15s	Ankle	Apply pressure into bar
	Suspension Abs	Single Leg Raise - category 2		40s/15s		Maintain scapula retraction
	Strong++	Abduction with Squat		40s/15s		Brace core and place hands on hips
Cool Down	Superfunctional	Hamstring		30 sec per side	Strap only	Maintain a level pelvis during stretch
		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
		Standing Chest Opener		60 sec	Straps only; no bar	Avoid hyperextending spine

Week 3 Goal: Apply multi-joint movements to enhance full body stability

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Seated Side to Side Reach		10 per side	Bar only	Focus on side bend to the right and left
		Single Side Row with Rotation		10 per side	Thigh	Maintain a plank position
		Hip Extension		10 total	Waist	Maintain lumbar extension during movement
		Side Facing Squat with Lateral Ward		10 per side	Waist	Sit back through hips as squat
		Angled Skipping		10 per side	Hip	Maintain angled pressure on bar
Workout - repeat 3 rounds, allow for 2 minutes of recovery between rounds	Up Strength	Single Ladder Climb		45s/15s		Angle body with knees flexed or straight
	Plyo Platform	Step Up with Jump		45s/15s		Drive body vertical through lead leg
	Torso Trainer	Squat with Alternating Press		45s/15s		Avoid lateral shift during squat motion
	Strong++	Lunge with Torso Rotation		45s/15s		Stay tall through spine
	Superfunctional	Angled Plank Rotation and Reach		45s/15s	Hip	Maintain scapula engagement
	Superfunctional	Hanging Glute Bridge		45s/15s	Hip	Maintain scapula retraction
	Superfunctional	Balance Jumps - category 3		45s/15s	Ankle	Land soft through ankle, knee and hip!
Cool Down	Superfunctional	Hamstring with Rotation		30 sec per side	Hip	Drive arm across body
		Lying Quadriceps		30 sec per side	Strap only	Avoid hyperextending spine
		IT Band Stretch		30 sec per side	Strap only	Flex and extend knee to vary stretch
		Split Squat with Chest Opener		30 sec per side	Bar only	Avoid hyperextending spine

Week 4 Goal: Achieve optimal lower body and core strength and metabolic capacity

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Superfunctional	Seated Side to Side Reach		10 per side	Bar only	Focus on side bend to the right and left
		Marching Bridge with Feet on Bar		10 total	Ankle	Maintain a stable bar position during movement
		Single Side Row with Rotation and Squat		10 per side	Thigh	Avoid elevating shoulders during row motion
		RXI/LXI Squat		10 per side	Hip	Position toes slightly inward
		Skipping		10 per side	Hip	Maintain pressure on bar
Workout - repeat 3 rounds, allow for 1 minute of recovery between rounds	Monkey Bars	Forward Pass		45s/15s		Maintain scapula engagement
	Superfunctional	Suspended Lunge with Hop		45s/15s	Ankle	Keep toes on bar at all times
	Torso Trainer	Squat with Alternating Press		45s/15s		Engage core to stabilize load
	Suspension Abs	Hanging Rotation - category 3		45s/15s		Maintain scapula retraction
	Superfunctional	Superman		45s/15s	Ankle	Push out into a rollout
	Up Strength	Alternating Lateral Lunge		45s/15s		Sit back into hip as lunge
	Superfunctional	Lateral Jumps		45s/15s	Ankle	Keep feet together and hop laterally over bar
Cool Down	Superfunctional	Hamstring		30 sec per side	Strap only	Maintain a level pelvis during stretch
		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
		Standing Chest Opener		60 sec	Straps only; no bar	Avoid hyperextending spine