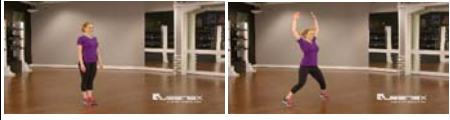
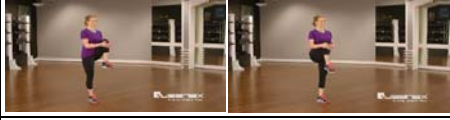


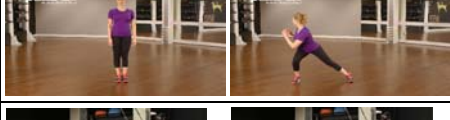











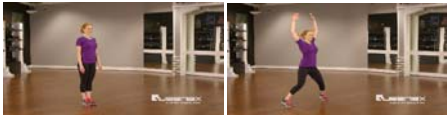
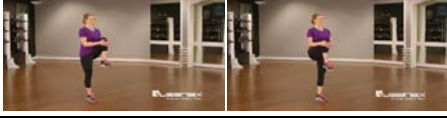

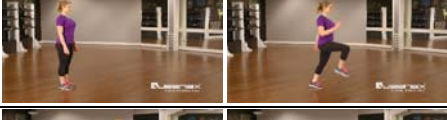
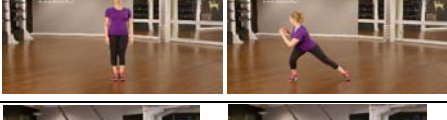





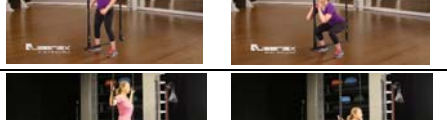







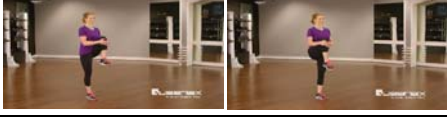
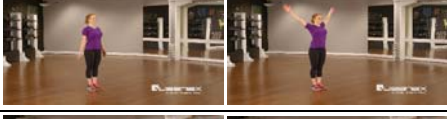

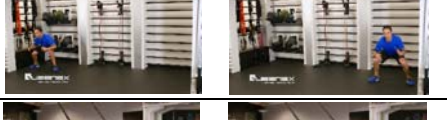







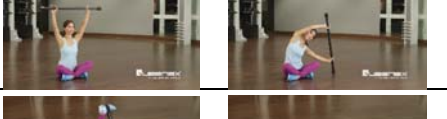

Week 1 Goal: Establish confidence training with Superfunctional; enjoy a total body workout.

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Bodyweight	Jumping Jacks		30 Jumping Jacks		
		High Knee Grabs		10 per side		
		Arm Circles		10 forward/10 backward		
		Butt Kickers		30 total		
		Lateral Lunge with Twist		10 per side		
Workout - repeat all exercises 2-3 times	Superfunctional	Angled Push-Up		12 reps	Hip	Adjust bar height or change training angle to modify exercise
		Row		12 reps	Hip	Adjust bar height or change training angle to modify exercise
		Hip Hinge		12 reps	Hip	Lift one leg to amplify exercise
		Roll Out		12 reps	Waist	Step back to amplify exercise; step forward or raise bar to modify
		Angled Squat		12 reps	Waist	Modify exercise by using arms to pull out of squat
		Lunge with Twist		12 reps, alternating	Waist	Modify exercise by reducing range of motion
		Standing obliques		6 reps per side	Waist	Modify exercise by using arms to pull back to standing position
Cool Down	Superfunctional	Hamstring Stretch		30 sec per side	Strap only	Maintain neutral spine
		Split Squat with Chest Opener		30 sec per side	Strap only	Avoid hyperextending spine
		Seated Side-to-Side Reach		30 sec per side	Bar only	Keep arms straight
		IT Band Stretch		30 sec per side	Strap Only	Use arms to lower and raise leg from stretched position

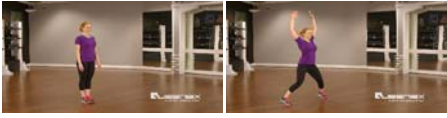
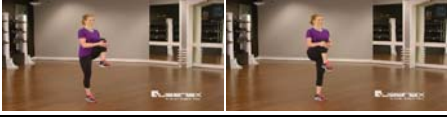

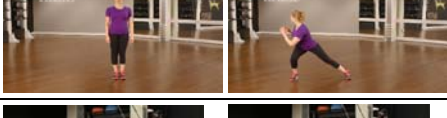









Week 2 Goal: Gain functional movement confidence with Superfunctional; experience new motions.

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Bodyweight	Jumping Jacks		30 Jumping Jacks		
		High Knee Grabs		10 per side		
		Arm Circles		10 forward/10 backward		
		Skips		30 total		
		Lateral Lunge with Twist		10 per side		
Workout - repeat all exercises 2-3 times	Superfunctional	Triceps Press		12 reps	Hip	Steepen training angle to amplify exercise; offset legs to modify exercise
		Biceps Curl		12 reps	Hip	Adjust bar height or change training angle to modify exercise
		Hip Extension		12 reps	Hip	Lift leg higher to amplify exercise; leave both legs on ground to modify exercise
		Sit-Up		12 reps	Knee	Pull with arms to modify exercise
		Russian Twist		12 reps	Bar Only	Raise feet to amplify exercise; keep feet on ground to modify
		Squat		12 reps	Level 9 (lowest setting)	Vary range of motion to modify or amplify exercise
		Squat on Bar		12 reps	Level 9 (lowest setting)	Vary range of motion to modify or amplify exercise
Cool Down	Superfunctional	Hamstring Stretch		30 sec per side	Strap only	Maintain neutral spine
		Split Squat with Chest Opener		30 sec per side	Strap only	Avoid hyperextending spine
		Seated Side-to-Side Reach		30 sec per side	Bar only	Keep arms straight
		IT Band Stretch		30 sec per side	Strap Only	Use arms to lower and raise leg from stretched position

Week 3 Goal: Experience an upper body and core suspension workout.

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Bodyweight	Jumping Jacks		30 Jumping Jacks		
		High Knee Grabs		10 per side		
		Arm Circles		10 forward/10 backward		
		Butt Kickers		30 total		
		Side Shuffles		10 out-and-back shuffles		
Workout - repeat all exercises 2-3 times	Superfunctional	Triceps Press		12 reps	Hip	Steepen training angle to amplify exercise; offset legs to modify exercise
		Biceps Curl		12 reps	Hip	Adjust bar height or change training angle to modify exercise
		Suspended Push-Up		12 reps	Level 9 (lowest setting)	Perform an Angled Push-Up to modify; Perform Inverted Push-Up to amplify
		Assisted Pull-Up		12 reps	Chest Height	Load legs to modify exercise; amplify exercise by lifting one or both legs
		Sit-Up		12 reps	Knee	Pull with arms to modify exercise
		Russian Twist		12 reps	Bar Only	Raise feet to amplify exercise; keep feet on ground to modify
		Squat on Bar		12 reps	Level 9 (lowest setting)	Vary range of motion to modify or amplify exercise
Cool Down	Superfunctional	Hamstring Stretch		30 sec per side	Strap only	Maintain neutral spine
		Split Squat with Chest Opener		30 sec per side	Strap only	Avoid hyperextending spine
		Seated Side-to-Side Reach		30 sec per side	Bar only	Keep arms straight
		IT Band Stretch		30 sec per side	Strap Only	Use arms to lower and raise leg from stretched position

Week 4 Goal: Amplify suspension fitness movement patterns from week 1

Training Phase	Training Tool	Exercise		Time/Reps	Bar Height	Coaching Tips
Warm-Up	Bodyweight	Jumping Jacks		30 Jumping Jacks		
		High Knee Grabs		10 per side		
		Arm Circles		10 forward/10 backward		
		Butt Kickers		30 total		
		Lateral Lunge with Twist		10 per side		
Workout - repeat all exercises 2-3 times	Superfunctional	Angled Push-Up		10 reps	Level 9 (lowest level)	Change training angle to modify or amplify exercise
		Row		12 reps	Level 9 (lowest level)	Change training angle to modify or amplify exercise
		Single Leg Hip Hinge		12 reps	Hip	Modify exercise by keeping both feet on ground
		Roll Out		12 reps	Hip	Step back to amplify exercise; step forward or raise bar to modify
		Squat		12 reps	Waist	Modify exercise by leaning back into an assisted squat
		Standing obliques		6 reps per side	Waist	Modify exercise by using arms to pull back to standing position
		Suspended Lunge		6 reps per side	Level 9 (lowest level)	Add a hop to amplify exercise; perform a lunge with twist to modify exercise
Cool Down	Superfunctional	Hamstring Stretch		30 sec per side	Strap only	Maintain neutral spine
		Split Squat with Chest Opener		30 sec per side	Strap only	Avoid hyperextending spine
		Seated Side-to-Side Reach		30 sec per side	Bar only	Keep arms straight
		IT Band Stretch		30 sec per side	Strap Only	Use arms to lower and raise leg from stretched position