

Key

BOLD = Baseline
 TK= Tall Kneeling
 BW = Bodyweight
 KB = Kettlebell
 DB = Dumbbell
 ISO = Isometric
 ECC = Eccentric
 SLDL = Single Leg Deadlift
 ALT = Alternating
 FE = Feet elevated
 RFE = Rear Foot Elevated

Power

Shuttle Jump
Box Jump (No Boxes = Jump Squat)
 Jump Squat w/ Stick
 Continuous Jump Squat
 Medball or Weighted Vest Jump Squat

Toe Touch Progression
 Hip Hinge Patterening
KB Deadlift
 KB Swing

TK Static Chest Pass
TK Dynamic Chest Pass
 Standing Chest Pass
 2-Point Chest Pass
 Sprint Start Chest Pass

Shuttle Jump
Box Jump
 Ladder Jump w/ Stick
 Hurdle Jump w/ Stick
 Hurdle Jump w/ Mini-Bounce
 Continuous Hurdle Jump

1/2 Kneeling Side Toss
 Standing Side Toss
 Stepping Side Toss
 Shuffle or Crossover Side Toss

Anti-Rotation

TK Anti-Rotation
 1/2 Kneeling Inline Anti Rotation
 Iso Split Squat Pos Anti Rotation
 Standing Anti Rotation
 SL Anti-Rotation

Tall Kneeling Chop/Lift
1/2 Kneeling Inline Chop/Lift
 Iso Split Squat Inline Chop/Lift
 Static Standing Chop/Lift
 Dynamic Chop/Lift

TK Push/ Pull
 1/2 Kneeling Push/Pull
 Standing Push/Pull
 Dynamic Push/Pull

Anti-Extension/Rotation

Straight Arm Plank
Straight Arm Clock Plank
 Straight Arm Plank Tap
 Straight Arm Plank Reach

Anti-Lateral Flexion

Tall Kneeling Side Plank
Side Plank
 FE Side Plank
 Side Plank w/ Adduction
 Suitcase Carry

Anti-Extension

Elbows Elevated Front Plank
Front Plank
 Feet Elevated Plank
 Body Saw

Front Plank
Ball Rollout
 Ring Fallout
 Wheel Rollout

Goblet Carry
 Farmer Carry
 Suitcase Carry
 Waiters Carry Bottoms Up
 Overhead Carry

Horizontal Press

Straight Arm Holds
 Hands Elevated Push Up
Push Up
 Feet Elevated Push Up
 Weighted Push Up
 Ring or Bosu Push Up

DB Bench Press
 Alt DB Bench Press
 One Arm DB Bench

TK One Arm Cable Press
1/2 Kneeling Inline Press
 Iso Split Squat Inline Press
 Standing One Arm Cable Press

Vertical Press

1/2 Kneeling Landmine Press
 1/2 Kneeling KB Alt Press
 1/2 Kneeling One Arm KB Press
 Standing Alt KB Press
 Standing One Arm KB Press

1/4 Get up No Weight
 1/2 Get Up No Weight
1/2 Get Up w/ Weight
 3/4 Get Up w/ Weight
 Full Get Up w/ Weight

Horizontal Pull

Ring Row
 Feet Elevated Ring Row
 Weighted Vest Ring Row

Cat/Cow
 Bench Staddle DB Row
DB Row

TK Inline Row
1/2 Kneeling Inline Row
 Iso Split Squat Inline Row
 Standing One Arm Able Row
 Standing 1 Arm 1 Leg Row
 Dynamic 1 Arm 1 Leg Row
 Rotational Row

Vertical Pull

X-Pulldown
 Chin Up w/ Band
Chin up
 Weighted Chin up

X-Pulldown
 Alt X-Pulldown
 X-Pulldown w/ Tricep Extension

Knee Dominant

Assisted Split Squat
 Split Squat Hold
Split Squat
 Goblet Split Squat
 2 DB Split Squat

Split Squat
Eccentric RFE Split Squat
 Goblet RFE Split Squat
 2 DB RFE Split Squat
 U-Bar RFE Split Squat

Squat Correctives
 Heel Elevated Squat to a Box
 Medball Reaching Squat to A Box
Goblet Squat to A Parallel Box
 2 KB Goblet Squat to A Box

BW Lateral Squat
Medball Reaching Lateral Squat
 1 DB Lateral Lunge
 2 DB Lateral Lunge

BW Squat Matrix*
 BW Lunge Matrix
 Medball Lunge Matrix
 *Split Squat/Lateral Squat/Rotational Squat/Toe Touch to Squat

Supported Sumo Squat Hold
 Heel Board Sumo Squat Hold
Sumo Squat Holds
 Sumo Squat Pressout
 Sumo Squat Curl Press

Hip Dominant

Assisted SLDL
Cross Reaching SLDL
 Medball Reaching SLSL
 1 KB/DB SLDL
 2 KB/DB SLDL
 U-Bar SLDL

Toe Touch Progression
 Hip Hinge Patterening
KB Deadlift
 KB Swing
 *Back Pain = Goblet Squat or Split Squat

2-Leg Hip Lift
 1-Leg Hip Lift
 Over Head Sandbag Hip Lift
 Shoulder Elv. 1-Leg Hip Lift

2-Leg Hip Lift
Slider Leg Curl Eccentrics
 Slider Leg Curl
 1-Leg Slider Leg Curl Eccentric
 1-Leg Slider Leg Curl

Split Squat
BW Slideboard Reverse Lunge
 Goblet Slideboard Reverse Lunge
 1 KB Slideboard Reverse Lunge
 2 KB Slideboard Reverse Lunge
 2 KB Rack Pos. Slideboard Reverse Lunge

Split Squat
 BW Reverse Lunge
Front Foot Elevated BW Reverse Lunge
 Goblet Front Foot Elevated Reverse Lunge
 2 DB Front Foot Elevated Reverse Lunge

Motor Control

Breath Practice
Supine Floor Slides w/ Exhale
 Seated Wall Slides
 Pressing Progressions

Supine Banded Hip Flexion
 Straight Arm Plank Slider Hip Flexion
 1/2 Kneeling Hip Flexion Holds
 Wall Drills & Sled Push
 Skip & Sprint Progressions

Supported Leg Lower
 Unsupported Leg Lower
 Sandbag OH Reaching Leg Lower
 SLDL Patterning

All 4's hip Extension on Elbows
 All 4's hip Extension on Hands
 Opposite Arm & Leg Reach
 6 Point Bear Crawl
 Bear Crawl

Ladder Drills

PHASE 1:
 Shuffle Wide + Stick F / B
 Cross In Front F / B
 Cross Behind F / B
 In-In-Out-Out F / B
 Scissors R / L