

Phase 2: STRENGTH BUILD MOVEMENT KEY

MOVEMENT PREP:

Goal: Loosen up & muscle activation for work ahead.

- #1 **Magnificent 5**
- #2 **World's Greatest**
- #3 **Runner's Prep**
- #4 **Critter Crawls**

STABILITY:

Goal: Train unstable movements for improved core-to-extremity coordination.

Hip-Hinge Variations

- #1 Split Stance Good Morning
- #2 1x-Leg Romanian Deadlift
- #3 Kettlebell Swing

Knee-Extrension Variations

- #1 1x-KB OH or FR Squat
- #2 Bulgarian Split Squat
- #3 Single Leg Squat/Pistol

CORE SETS:

Goal: Target 3-Dimensional core strength through anterior, lateral, and posterior movements.

- #1 Anterior **Reverse Crunch** (hip thrust)
- #1 Oblique **Plank w/ Pull Through**
- #1 Posterior **Quadruped Extension**
- #2 Anterior **Plank Knees to Elbow Slides**
- #2 Oblique **Weighted Side Bends**
- #2 Posterior **Lying Back Crunch** (Superman)
- #3 Anterior **Pilates 100**
- #3 Oblique **Palloff Press**
- #3 Posterior **Glute Bridge**
- #4 Anterior **Hollow Hold/Rock**
- #4 Oblique **Side Plank Dips**
- #4 Posterior **Stability Ball Back Ext.**
- #5 Anterior **Body Saw**
- #5 Oblique **Wood Choppers**
- #5 Posterior **Hamstring Stability Ball Curl**
- #6 Anterior **Weighted Sit-Up**
- #6 Oblique **Russian Twist**
- #6 Posterior **Stability Ball Rev. Hyper-Ext**
- #7 Anterior **Seated Leg Extension**
- #7 Oblique **Seated Oblique Crunch**
- #7 Posterior **Dumbbell Crossbend**
- #8 Anterior **Stability Ball Cauldron**
- #8 Oblique **The Squirm**
- #8 Posterior **Alt. Leg S.Ball Hyper-Ext**

CORE-TO-EXTREMITY SETS: (C2E)

Goal: Connect your core strength with limb strength for maximum stability & control.

- #1 **Heavy Carries**
 - 1. Suitcase Carry
 - 2. Goblet Carry
 - 3. Front Rack or Overhead Carry
- #2 **Renegade Rows**
- #3 **Turkish Get-Ups**
- #4 **Man-Makers**
- #5 **Plank Walk (solo)**
or Reactive Core (partner)
Prone & Supine

POWER:

Goal: Quick paced plyo movements to develop muscle elasticity, speed & strength w/ a cardio component.

- #1 **Walking Lunge**
- #2 **Wall Balls**
- #3 **Box Jumps**
- #4 **Slam Ball Complex**

MOBILITY:

Goal: Improve range of motion in soft tissue & joints.

- #1 Anterior **Couch & Pec**
- #2 Posterior **Static Hamstring/Calf**
- #3 Anterior **Hip Opener Sequence**
- #4 Posterior **Banded Hamstring**
- #5 Full **Foam Roll**