

Phase 1: STRENGTH BASE MOVEMENT KEY

MOVEMENT PREP:

Goal: Loosen up & muscle activation for work ahead.

- #1 Magnificent 5**
 - 1. Hip Crossover
 - 2. Scorpion
 - 3. Lunge w/ Twist
 - 4. Lateral Lunge
 - 5. Sumo Squat
- #2 World's Greatest**
 - Lunge & Reach
 - Hamstring Lean
 - Elbow to Instep
 - Inside/Outside Twists
- #3 Runner's Prep**
 - Arm Swings
 - Heel-Toe Walks
 - Toy Soldier
 - Butt Kickers
 - Grapevine
- #4 Critter Crawls**
 - Inchworm
 - Bear Crawl
 - Crab Walk
 - Gorilla Walk
 - Duck Walk

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**

PUSH & PULL SETS:

Goal: Opposing upperbody strength.

- #1 Vertical (High): OH Press & Pull-Up**
- #2 Horizontal: Push-Up & Bentover Row**
- #3 Vertical (Low): Dip & High-Pull**

POWER:

Goal: Basic plyometric movements to develop muscle elasticity and fast twitch fiber recruitment.

- #1 Jumping Lunge**
- #2 Floor Jumps**
- #3 Box Jumps/Depth Jumps**
- #4 Ball Throws**

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**