



EXERCISE POOL



EXERCISE POOL Development

Meat and Potatoes

MOVEMENT CHOICES

CREATING YOUR EXERCISE POOLS

- ☐ Create a list of all the Exercises "YOU"
 - ☐ Can you teach it?
 - ☐ Do you have the necessary equipment
- ☐ Classify into 1 of 3 Major Movement Categories
- ☐ Specify Movement per Category
 - ☐ "YOUR" terminology will determine sub categories
- ☐ Label Movement by Exercise Classification Rankings
- ☐ Reduce down to Mini Pool based on Program needs and Training Age
- ☐ Layer Exercise Progressions
- ☐ Rank Your Mini Pool



EXERCISE POOL Development

3 Major Movement Categories

☐ **Total Body**

☐ **Lower Body**

☐ **Upper Body**



EXERCISE POOL Development

- ☐ **Full Pull and Catch – Pulling**
 - ☐ **Bilateral Independent Limb**
 - ☐ **Unilateral**
- ☐ **Extension – Pulling**
 - ☐ **Bilateral Independent Limb**
 - ☐ **Unilateral**
- ☐ **Extension – Bridging**
 - ☐ **Unilateral**

Total Body Sub Categories:

- ☐ **Presses – Pushing**
 - ☐ **Bilateral Independent Limb**
 - ☐ **Unilateral**
- ☐ **Jerks – Pushing**
 - ☐ **Bilateral Independent Limb**
 - ☐ **Unilateral**
- ☐ **Hybrids**
- ☐ **Jumping (Block 3 +)**



EXERCISE POOL Development



Desired Traits of Total Body Movements

- ☐ Speed
- ☐ Strength
- ☐ Coordination
- ☐ Synchronization
- ☐ Balance
- ☐ Flexibility



Extension



Extension



Full Pull and Catch



Single Arm FPC



Pulling Movements	Pushing Movements	HYBRID Movements
<u>Full Pull and Catch</u>	<u>Presses</u>	Hang Clean to Front Squat
Hang Clean	Hammer Jammer	Power Snatch to Overhead Squat
Clean from the Deck	Push Press	Dumbbell Clean to Push Press
<u>Triple Extension</u>	<u>Jerks</u>	
Clean Power Pull from Hang	Split Jerk	
	Push Jerk	

Exercise Pool Development

Total Body Mini Pool



EXERCISE POOL Development

☐ **In Place**

- ☐ **Bilateral**

- ☐ **Unilateral**

- (unsupportive or supportive)

☐ **Horizontal (Lunge Series)**

- ☐ **Sagittal Plane**

- ☐ **Frontal Plane**

- ☐ **Transverse Plane**

☐ **Vertical (Step Up Series)**

- ☐ **Sagittal Plane**

- ☐ **Frontal Plane**

- ☐ **Transverse Plane**

Lower Body Sub Categories:

☐ **Posterior Chain (bilateral – unilateral)**

- ☐ **Knee Flexion**

- ☐ **Hip Hinge**

- ☐ **Bent Leg Hip Extension**

- ☐ **Straight Leg Hip Extension**

- ☐ **Hybrid Hip Extension – Knee Flexion**

- ☐ **Hip Flexion**

- ☐ **Knee Extension**

- ☐ **Adduction/Abduction**

- ☐ **Hybrids**



EXERCISE POOL Development



Desired Traits of Lower Body Movements

Squatting is the focal point of our program. There is no exercise better for the development of strength in the hips, glutes, hamstrings, and quadriceps than squats.

Single Leg Multiple Joint Movements

- ☐ Balance
- ☐ Coordination
- ☐ Torso Stability
- ☐ Open and Closed Chain Movement – similar to the pattern of running

Note – alert for muscle imbalances

Posterior Chain Movements

Perform Exercises that Extend the Hip and Flex the Knee



Back Squat Accommodating
Resistance



Back Squat



Horizontal Single Leg



Vertical Single Leg



Single Leg Squat



Posterior Chain



Posterior Chain



Posterior Chain



Squat Variation	Linear Movements Single Leg Multiple Joint	Non Linear Movements Single Leg Multiple Joint	Posterior Chain
Back Squat Front Squat Safety Squat Bar Squat Zercher Squat	<u>Squat Variation</u> Single Leg Squat off Bench <u>Up and Down-Vertical</u> High Step Up <u>Front and Back-Horizontal</u> Standard Lunge	<u>Squat Variation</u> <u>Lateral Up and Down</u> Crossover Step Up <u>Side to Side/Angular</u> Lateral Lunge	Glute Ham Raise Reverse Hyperextension Good Mornings with bands Romanian Deadlift Standing Leg Curl

Exercise Pool Development

Lower Body Mini Pool



EXERCISE POOL Development

- ☐ **Horizontal Push**
 - ☐ Bilateral
 - ☐ Bilateral Independent Limb Action
 - ☐ Unilateral
- ☐ **Horizontal Pull**
 - ☐ Bilateral
 - ☐ Bilateral Independent Limb Action
 - ☐ Unilateral
- ☐ **Vertical Push**
 - ☐ Bilateral
 - ☐ Bilateral Independent Limb Action
 - ☐ Unilateral
- ☐ **Vertical Pull**
 - ☐ Bilateral
 - ☐ Bilateral Independent Limb Action
 - ☐ Unilateral

Upper Body Sub Categories:

- ☐ **Elbow Flexion**
- ☐ **Elbow Extension**
- ☐ **Shoulder Complex**
 - ☐ Adduction/Abduction
 - ☐ Internal/External
 - ☐ Elevation/Depression
 - ☐ Protraction/Retraction
 - ☐ Flexion/Extension
 - ☐ Hybrids
- ☐ **Hybrids**



EXERCISE POOL Development



Desired Traits of Upper Body Movements

Establish a Balance

- ☐ Horizontal Press
- ☐ Horizontal Pull
- ☐ Vertical Press
- ☐ Vertical Pull

Dumbbell Training

- ☐ Independent Action of Arms
- ☐ Stabilization of the Shoulder
- ☐ Torso Stabilization
- ☐ Balance
- ☐ Body Awareness

Note – alert for muscle imbalances



Horizontal Press



Bilateral Independent Limb
Horizontal Press



Vertical Press



Bilateral Independent Limb
Vertical Press



Horizontal Press	Horizontal Pulls	Vertical Press	Vertical Pulls
Bench Press Incline Press	Bent Over Row Hammer Low Row	Barbell Press Dumbbell Press	Pull Up Hammer Pulldown
Elbow Extension	Elbow Flexion	Shoulder Matrix	
Triceps Extension	Dumbbell Curl	Lateral Raise Bent Over Raise	

Exercise Pool Development

Upper Body Mini Pool

Exercise Pool Total Body "PULLS"

Notes:
Basic Extension - Push
Movements can be done in
a Sumo Stance or from a
designated block or rack
height

Notes:
Starting Position Options
HANG CLEAN
1 - "DROP & GO"
2 - Load to Knee
3 - High Pocket

Basic Extension "PUSH"

Octogan
High Handle
Deadlift

Clean Grip
Deadlift

Clean Grip
Deadlift
Safety Squat Bar

Advanced Extension-1 "PUSH JUMP"

Clean Grip
Shrug Pull
Deck

Clean Grip
Shrug Pull
Hang

Clean Grip
Shrug Pull
Block

Advanced Extension-2 "PUSH JUMP"

Clean Grip
Power Pull
Deck

Clean Grip
Power Pull
Hang

Clean Grip
Power Pull
Block

Pull and Catch "PUSH JUMP PUNCH"

Deck Clean

Hang Clean

Block Clean

Pull and Catch Specials "PUSH JUMP PUNCH"

Split Clean
Hang or Block

"Robles" Clean
Hang or Block

"3 Stage Clean"
Block

SNATCH Options

Clean Grip
Snatch
Hang

Snatch Grip
Shrug Pull
Deck or Block

Snatch Grip
Power Pull
Deck or Block

**Kettlebell
Alternative**

2 Arm Swing
*Low Hang -
Midline*

2 Arm Swing
Deck - Midline

1 Arm Swing
*Low Hang -
Midline*

1 Arm Swing
Deck - Midline

**1 Arm
Power Pull**
*Low Hang -
Midline*

**Dumbbell
Alternative**

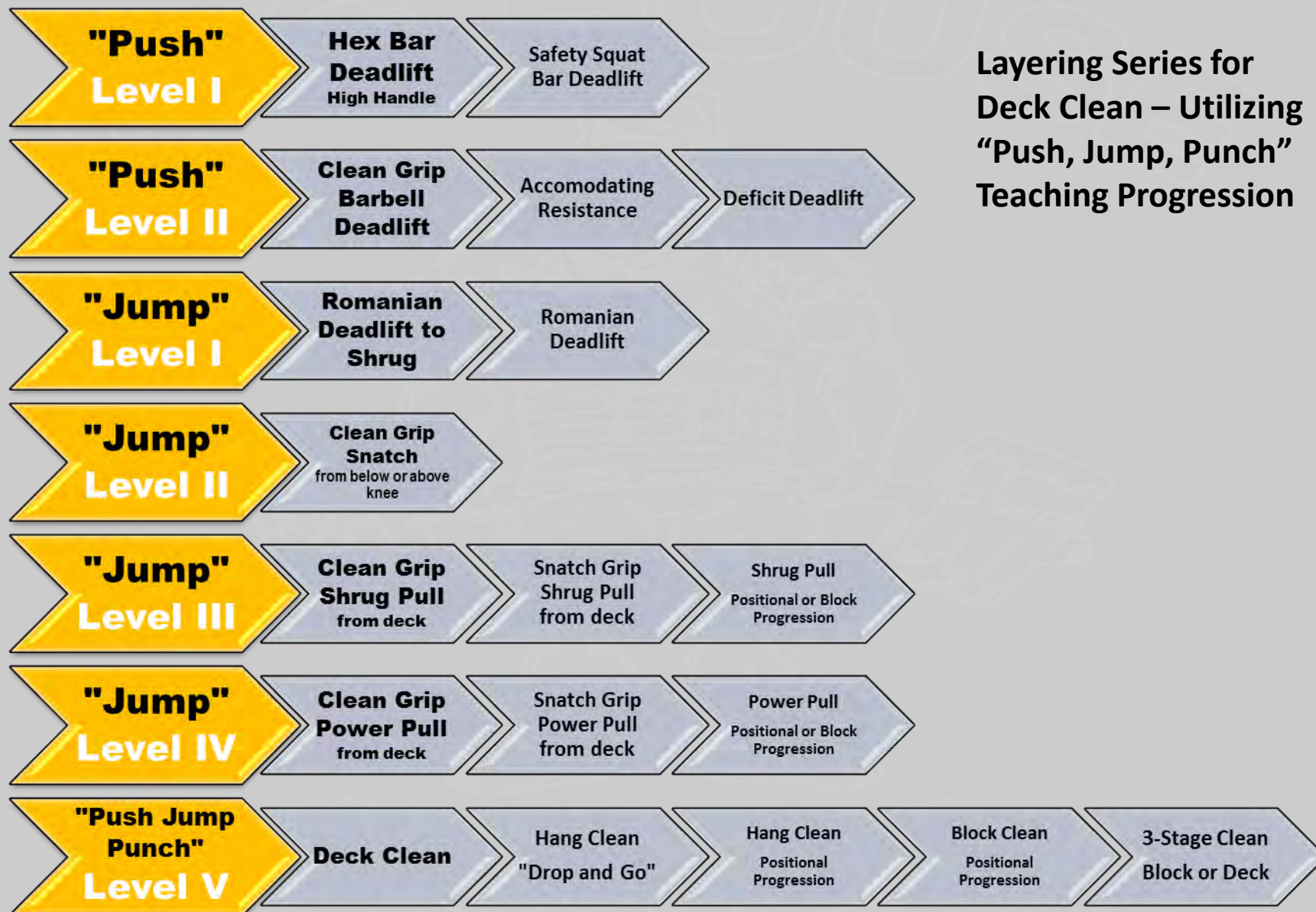
**Clean
Hang**
[neutral]

**2 Arm
Power Pull**
Hang

**1 Arm
Power Pull**
Deck - Midline

**1 Arm
Snatch**
*Low Hang -
Midline*

**1 Arm
Snatch**
Deck



Exercise Pool Lower Body "SQUATS"

notes:
All movements have "To Box"
option
Leg Press [UCS]

notes:
All movements have
"Accommodating
Resistance" option

Bi-Lateral "The Big 3"

Back Squat
Barbell

Front Squat
Barbell

**"BIG EVIL"
SQUAT**
Safety Squat Bar

Bi-Lateral Supplemental

**Buffalo Bar
Squat**

**Cambered Bar
Squat**

**"Big Evil"
Front Squat**
Safety Squat Bar

Bi-Lateral Major Assistance

Front Squat
Dumbbell
Anterior Support

Free Hand Squat
Barbell

**"Big Evil"
Free Hand Squat**
Safety Squat Bar

Bi-Lateral Alternative

**Pendulum
Squat Pro**
Even Load
Rogers Athletics

**Pendulum
Squat Pro**
Low Load
Rogers Athletics

**Pendulum
Squat Pro**
High Load
Rogers Athletics

Bi-Lateral Alternative

Power Squat
Elite Fitness Systems

Belt Squat
waist or chest
support
Pit Shark

**"Big Evil"
Zercher Squat**
Safety Squat Bar

**Kettlebell
Alternative**

Goblet Squat

Sumo Squat

**Dumbbell
Alternative**

**Stability Ball
Hack Squat**
Anterior Load

**Stability Ball
Hack Squat**
Traditional Load

Exercise Pool Lower Body "SINGLE LEG"

note: Loading Parameters
Anterior
Posterior
Offset [opposing]
Overhead
Traditional [DB/KB]
Vest /Chain/Band

note:
Box Height - Low/Mod/High
Slide Board for Lunge Variation
Cadenced or Rythm Reps
Lunge to or from Height

**"True"
Single Leg
Squat**
[un supported]

Single Leg Squat
[In Place Split Stance]
[supported]

**Horizontal+
Split Stance**
[step and replace]
[supported]

**Vertical+
Split Stance**
[step and replace]
[supported]

Major HYBRIDS

**Pistol Squat
to Box**
[eccentric only]

Split Squat

Reverse Lunge

**In Place
Step Up**
[High Knee]

**Reverse Lunge to
Step Up**
[multiple steps]

**Pistol Squat
to Box**
counterbalance

**Rear Foot
Elevated Squat**

Forward Lunge

**Alternate Leg
Step Up**
[High Knee]

**Lateral Lunge to
Lateral Step Up**

**Pistol Squat
off Box**
counterbalance

**Rear Foot
Elevated Squat**
w/Proprioception

45 Degree Lunge

**Lateral
Step Up**

**Lateral Lunge to
Cross Over
Step Up**

**PISTOL SQUAT
Deck**

Lateral Squat

Lateral Lunge

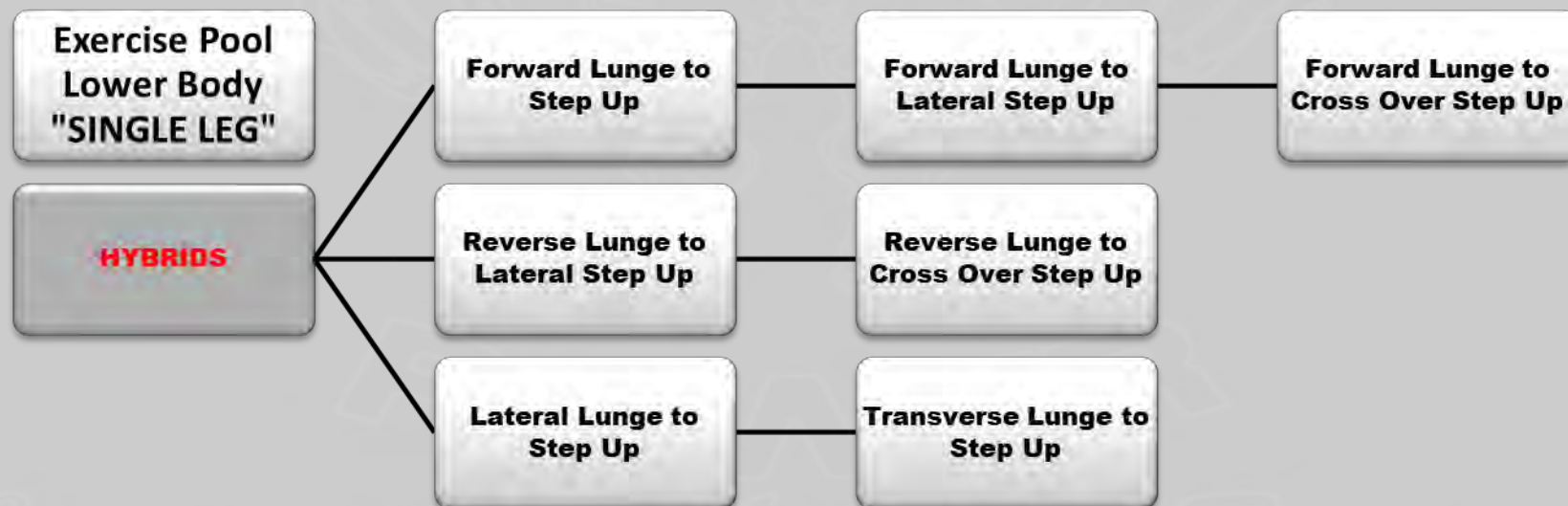
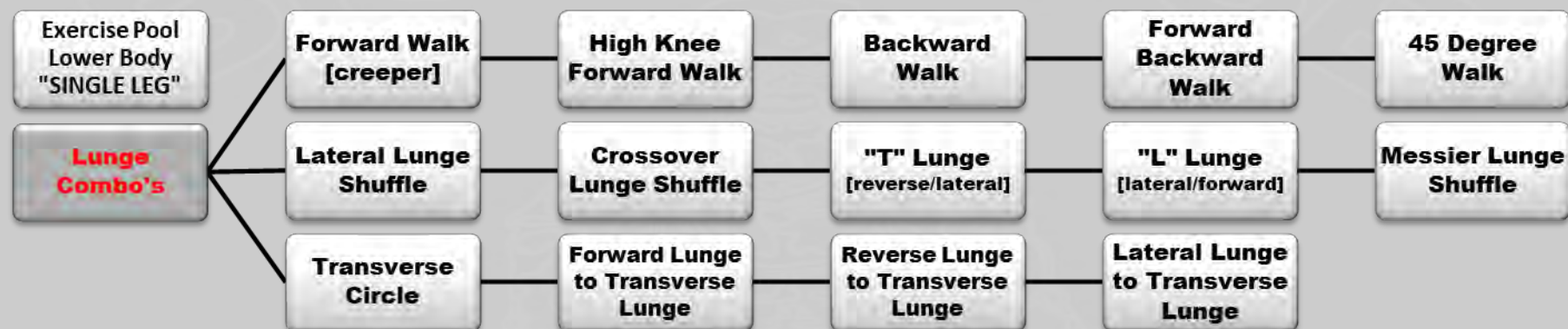
**Cross Over
Step Up**

**Transverse Lunge
to Lateral Step Up**

Transverse Squat

Transverse Lunge

**Transverse Lunge
to Cross Over
Step Up**



Single Leg Squat Layering Sequence Progression			
Contraction	Movement	Resistance	Notes
Eccentric Only	Split Squat	[1]Kettlebells [2]Dumbbells	Extremely Slow
Eccentric Only-Awareness	Split Squat	[1]Kettlebells [2]Dumbbells	Balance Bean [2] to [1] progression
Sub Max Eccentric	Split Squat	[1]Kettlebells [2]Dumbbells	6 count Eccentric
Quasi Isometric	Split Squat	[1]Kettlebells [2]Dumbbells	Mid Pt Pause 6ct,5,4,3,2,1
Isotonic	Split Squat	[1]Kettlebells [2]Dumbbells [3]Safety Squat Bar	
Isotonic-Awareness	Split Squat	[1]Kettlebells [2]Dumbbells	Balance Beam
Eccentric Only	RFE Squat	[1]Kettlebells [2]Dumbbells	Extremely Slow
Eccentric Only - Awareness	RFE Squat	[1]Kettlebells [2]Dumbbells	Balance Bean [2] to [1] progression
Sub Max Eccentric	RFE Squat	[1]Kettlebells [2]Dumbbells	6 count Eccentric
Quasi Isometric	RFE Squat	[1]Kettlebells [2]Dumbbells	Mid Pt Pause 6ct,5,4,3,2,1
Isotonic	RFE Squat	[1]Kettlebells [2]Dumbbells [3]Safety Squat Bar	
Isotonic-Awareness	RFE Squat	[1]Kettlebells [2]Dumbbells	Balance Beam
Isotonic-Dynamic Effort	RFE Squat	[3]Safety Squat Bar	Chains
Isotonic	RFE Deadlift	[1]Kettlebells [2]Dumbbells	
Isotonic-Break the Chain	RFE Deadlift	[1]Kettlebells [2]Dumbbells	Eccentric Long Dead Stop Pause
Isotonic-Awareness	RFE Deadlift	[1]Kettlebells [2]Dumbbells	Balance Beam
Eccentric - Reactive-Single Response	RFE Squat - Hop	[1]Kettlebells [2]Dumbbells	Loaded Eccentric - Unloaded Hop
Isotonic -Reactive	RFE Squat - Hop	[1]Kettlebells [2]Dumbbells [3]Bodyweight	Full ROM on Eccentric
Reactive-Single Response	RFE Hop	[1]Bodyweight[2]WT Vest	
Reactive-Multiple Response	RFE Hop	[1]Bodyweight[2]WT Vest	
Eccentric - Reactive-Single Response	RFE Squat - Hop to Box	[1]Kettlebells [2]Dumbbells	Loaded Eccentric - Unloaded Hop
Isotonic -Reactive	RFE Squat - Hop to Box	[1]Kettlebells [2]Dumbbells [3]Bodyweight	Full ROM on Eccentric
Reactive-Single Response	RFE Hop to Box	[1]Bodyweight[2]WT Vest	
Reactive-Single Response	RFE Hop	[1]Bodyweight[2]WT Vest	just jump record
Reactive-Multiple Response	RFE Hop to Box	[1]Bodyweight[2]WT Vest	
Reactive-Multiple Response	RFE Hop	[1]Bodyweight[2]WT Vest	just jump record
Concentric Only	Pistol Squat	[1]Bodyweight[2]WT Vest	
Isotonic	Pistol Squat to Box	[1]Bodyweight[2]WT Vest	assisted if necessary
Isotonic	Pistol Squat off Box	[1]Bodyweight[2]WT Vest	assisted if necessary
Isotonic	Pistol Squat - Counterbalance	[1]Dumbbells [2]Plates	
Isotonic	Pistol Squat - Front Squat	[1]Barbell	
Isotonic-Awareness	Pistol Squat	[1]Bodyweight[2]WT Vest	Balance Beam

Lunge Layering Series



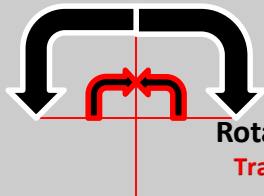
Reverse Lunge
Sagittal Plane



Forward Lunge
Sagittal Plane



Lateral Lunge
Frontal Plane



Rotational Lunge
Transverse Plane

**Continuous Movement Plus
Cycling**
[add in secondary movement]

**Continuous Movement
Cycling**

**Cadenced Movement
Power Steps**
[transfer of force production]

**In Place Movement
Power Steps**

**In Place Stabilization
Isometric Positions**

NOTES

Force Production – Iso
Front Heel and Back
Ball of Foot [bottom of
toe]

Forward Lunge Strike –
Heel to Flat

Forward Lunge
Movement – Heel strike
transfer to Ball of Foot
to Drive

Lunge Progressions

reverse lunge - work on flex knee - extend hip - to help backwards run tech
cadence commands - step > stabilize > drop > drive

1a - In Place Stabilization	Iso Reverse Lunge Hold	push front heel back ball/toe	x15-30 ct
1b - In Place Movement	Reverse Lunge	cadenced - step and recover	x06-12 step
1c - Cadenced Movement	Reverse Lunge	cadenced - push to up tall - convert from heel to ball on push	x12-24 step
1d - Continuous Movement	Reverse Lunge	rhythm - cycle thru - stabilize core	x12-24 step
1e - Continuous Movement [+]	Reverse Lunge w/OH Reach	rhythm - cycle thru - stabilize core	x12-24 step
1f - Continuous Movement [+]	Reverse Lunge w/Twist	twist to front knee - arms shldr ht	x12-24 step

cadence commands - step > stabilize > drop > drive

2a - In Place Stabilization	Iso Forward Lunge	push front heel back ball/toe	x15-30 ct
2b - In Place Movement	Forward Lunge	cadenced - step and recover	x06-12 step
2c - Cadenced Movement	Forward Lunge	cadenced - push to up tall - convert from heel to ball on push	x12-24 step
2d - Continuous Movement	Forward Lunge	rhythm - cycle thru - stabilize core	x12-24 step
2e - Continuous Movement [+]	Forward Lunge w/Inside Elbow	rhythm - cycle thru - stabilize core	x12-24 step
2f - Continuous Movement [+]	Forward Lunge w/Windmill	rotate and reach opposite arm for ht	x12-24 step

cadence commands - step > stabilize > drop > triangle > drive

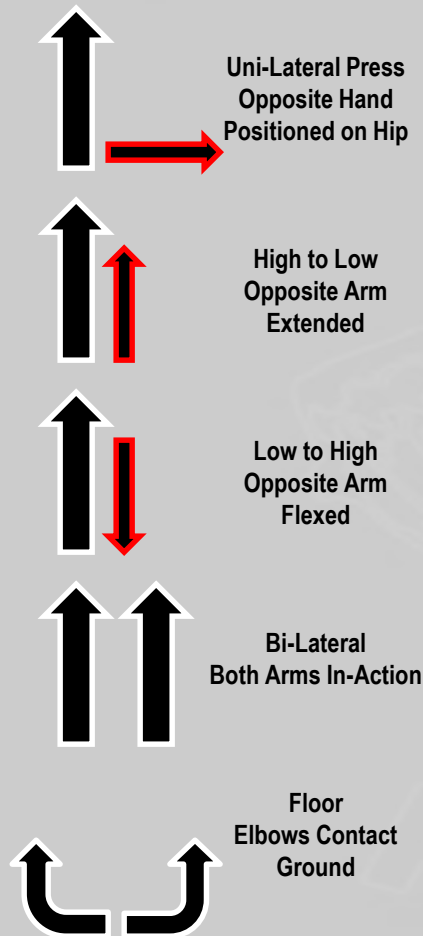
1a - In Place Stabilization	Iso Transverse Lunge Hold	open the gate to 3 or 9 o'clock - shoulders/belly button 45 degree split lunge	x15-30 ct
1b - In Place Movement	Transverse Lunge	cadenced - step and recover	x06 step
1c - Cadenced Movement	Transverse Lunge	cadenced - push to triangle - push off back leg	x08 step
1d - Continuous Movement	Transverse Lunge	rhythm - push off front leg	x08 step
1e - Continuous Movement [+]	Transverse Messier Lunge	rhythm - push off back leg	x08 step
1f - Continuous Movement [+]	Transverse Messier Lunge w/Squat Hands Hip Ext	rhythm - messier > squat > palms > extend - push off back leg	x08 step

cadence commands - step > stabilize > drop > triangle > drive

2a - In Place Stabilization	Iso Lateral Lunge	shoulders square - lateral squat - push hip back - knee behind toe - knee open	x15-30 ct
2b - In Place Movement	Lateral Lunge	cadenced - step and recover	x06-12 step
2c - Cadenced Movement	Lateral Lunge	cadenced - push to triangle - push off back leg	x12-24 step
2d - Continuous Movement	Lateral Lunge	rhythm - push off front leg	x12-24 step
2e - Continuous Movement [+]	Messier Lunge	rhythm - push off back leg	x12-24 step
2f - Continuous Movement [+]	Messier Lunge w/Cross Over Step	rhythm - push off back leg - back leg crosses over front leg - come up tall to recover	x12-24 step

Dumbbell Upper Body Press

Layering Series



Uni-Lateral Press
Opposite Arm – Stable at Hip

Bi-Lateral Alternate Press
High to Low Stabilization

Bi-Lateral Alternate Press
Low to High Stabilization

Bi-Lateral Press
[Incline – Flat – 90 – Standing]

Bi-Lateral Floor Press
[padded – neutral grip – pause]

POSTERIOR SHOULDER DEVELOPMENT

<u>CATEGORY</u>	<u>MOVEMENT</u>	TYPE	POSITION	ARMS	LEGS	ANGLE	IMPLEMENT	<u>COACH'S CUE</u>	<u>VOL</u>
ROTATOR CUFF	Internal Rotation	ROTATION	Prone	SA/DA	N/A	90	Plate-Band-Cable-Manual	Lay on stomach- Elbow at 90- lock wrist in and rotate	max x20
ROTATOR CUFF	Internal Rotation	ROTATION	Supine	SA/DA	N/A	30/90	Plate-Band-Cable-Manual	Lay on back- Elbow at 30 or 90- lock wrist in and rotate	max x20
ROTATOR CUFF	Internal Rotation	ROTATION	Standing	SA/DA	N/A	30/90	Plate-Band-Cable-Manual	Position arm at 30 or 90- rotate inward	max x20
ROTATOR CUFF	Internal Rotation	ROTATION	Side-Lying	SA	N/A	30	Plate-Band-Cable-Manual	Position arm at 30 degrees- rotate inward	max x20
COMBINATION	Row + Internal Rotation	RETRACT-ROT.	Prone	DA		90	Plate-Band-Cable	Squeeze scaps together- row and rotate inward	max x20
COMBINATION	Row + Internal Rotation	RETRACT-ROT.	Standing	DA		90	Band-Cable	Squeeze scaps together- row and rotate inward	max x20
COMBINATION	Row + Internal Rotation	RETRACT-ROT.	Athletic Position	DA		90	Plate-DB	Squeeze scaps together- row and rotate inward	max x20
COMBINATION	Back Extension + Internal Rotation	RETRACT-ROT.	Fixed	DA		90	Plate-DB	Squeeze glutes and scaps- row and rotate inward	max x20

Unilateral Lower Body Loading Layering

Level 1	ON SET
Level 2	OFF SET
Level 3	ON SET Anterior Load
Level 4	OFF SET Anterior Load
Level 5	ON SET Overhead
Level 6	OFF SET Overhead

FILTRATION SYSTEM – FILTER IN WHAT IS GOOD, FILTER OUT WHAT IS BAD

YUSEF OMAR
YUSEF OMAR

Competitive Athletic Training



EXERCISE CLASSIFICATION & ORDER



EXERCISE POOL Development

MOVEMENT CHOICES

RANKING YOUR EXERCISE POOLS

☐ Rank your list based:

- ☐ Importance of Exercise**
- ☐ Exercise Classification System**



EXERCISE POOL Development

Exercise Classification Per Movement Category

- ☐ **Foundation Exercises**
 - ☐ **Primary**
 - ☐ **Secondary**
 - ☐ **Sequential**
- ☐ **Supplemental Exercises**
 - ☐ **"Special Exercises"**
- ☐ **Major Assistance**
- ☐ **Secondary Assistance**



EMPHASIS		SESSION T		SESSION L		SESSION U
TIER ONE PRIORITY	T	FOUNDATION	L	FOUNDATION	U	FOUNDATION
TIER TWO MAJOR	L	SUPPLEMENTAL	U	SUPPLEMENTAL	T	SUPPLEMENTAL
TIER THREE MINOR	U	SUPPLEMENTAL Major Assistance	T	SUPPLEMENTAL Major Assistance	L	SUPPLEMENTAL Major Assistance
TIER FOUR	T	MAJOR ASSISTANCE	L	MAJOR ASSISTANCE	U	MAJOR ASSISTANCE
TIER FIVE	L	MAJOR ASSISTANCE	U	MAJOR ASSISTANCE	T	MAJOR ASSISTANCE
TIER SIX	U	SECONDARY ASSISTANCE	T	SECONDARY ASSISTANCE	L	SECONDARY ASSISTANCE
TIER SEVEN	T	SECONDARY ASSISTANCE	L	SECONDARY ASSISTANCE	U	SECONDARY ASSISTANCE

Developing the Training Template

Daily Rotation

Exercise Classification Beginner - Novice



EMPHASIS		SESSION T		SESSION L		SESSION U
TIER ONE PRIORITY	T	FOUNDATION <i>Sequential</i>	L	FOUNDATION <i>Sequential</i>	U	FOUNDATION <i>Sequential</i>
TIER TWO MAJOR	L	SUPPLEMENTAL <i>Foundation #2 Major Assistance</i>	U	SUPPLEMENTAL <i>Foundation #2 Major Assistance</i>	T	SUPPLEMENTAL <i>Foundation #2 Major Assistance</i>
TIER THREE MINOR	U	SUPPLEMENTAL Major Assistance	T	SUPPLEMENTAL Major Assistance	L	SUPPLEMENTAL Major Assistance
TIER FOUR	T	MAJOR ASSISTANCE	L	MAJOR ASSISTANCE	U	MAJOR ASSISTANCE
TIER FIVE	L	MAJOR ASSISTANCE	U	MAJOR ASSISTANCE	T	MAJOR ASSISTANCE
TIER SIX	U	SECONDARY ASSISTANCE	T	<i>MAJOR ASSISTANCE</i>	L	SECONDARY ASSISTANCE
TIER SEVEN	T	<i>MAJOR ASSISTANCE</i>	L	SECONDARY ASSISTANCE	U	SECONDARY ASSISTANCE

Developing the Training Template

Daily Rotation

Exercise Classification Advanced - Elite



EMPHASIS	SESSION T	SESSION L	SESSION U
TIER ONE PRIORITY	Total Body 1	Lower Body 1	Upper Body 1
TIER TWO MAJOR	Lower Body 2	Upper Body 2	Total Body 2
TIER THREE MINOR	Upper Body 3	Total Body 3	Lower Body 3
TIER FOUR	Total Body 4	Lower Body 4	Upper Body 4
TIER FIVE	Lower Body 5	Upper Body 5	Total Body 5
TIER SIX	Upper Body 6	Total Body 6	Lower Body 6
TIER SEVEN	Total Body 7	Lower Body 7	Upper Body 7

Developing the Training Template

Daily Rotation

RANKED MOVEMENTS



Tier Level	Rotation	Classification	Movement
ONE	Total Body 1	Foundation	Foundation
TWO	Lower Body 2	Supplemental	In Place Double Leg
THREE	Upper Body 3	Supplemental Major Assistance	Horizontal or Vertical Movement
FOUR	Total Body 4	Supplemental Major Assistance	Bilateral Extension, Any Unilateral Movement, Hybrid
FIVE	Lower Body 5	Major Assistance	Horizontal, Vertical, Unilateral Hybrid
SIX	Upper Body 6	Secondary Assistance	Flexion or Extension of Elbow, Wrist
SEVEN	Total Body 7	Major Assistance	Any Unilateral DB Movement

Developing the Training Template

Daily Rotation Session T (beginner)

Exercise Classification with Movement Rotation



MOVEMENT CHOICES

SESSION T

Tier 1 Total Body

Full Pull and Catch or Extension Movement

Tier 2 Lower Body

Squat Variation or Single Leg Movement

Tier 3 Upper Body

Horizontal or Vertical Row

Tier 4 Total Body

Extension or Single Arm Movement or Jump Progression

Tier 5 Lower Body

Single Leg Movement

Posterior Complex

Posterior Chain

Posterior Shoulder



Tier Level	Rotation	Classification	Movement
ONE	Lower Body 1	Foundation	Foundation
TWO	Upper Body 2	Supplemental Major Assistance	Horizontal or Vertical Movement
THREE	Total Body 3	Supplemental Major Assistance	Any Overhead, Extension, or Hybrid
FOUR	Lower Body 4	Major Assistance	Horizontal, Vertical, Unilateral Hybrid
FIVE	Upper Body 5	Major Assistance	Horizontal or Vertical Movement
SIX	Total Body 6	Major Assistance	Any Unilateral DB Movement
SEVEN	Lower Body 7	Secondary Assistance	Flexion or Extension of Ankle Knee Hip

Developing the Training Template

Daily Rotation Session L (beginner)

Exercise Classification with Movement Rotation



MOVEMENT CHOICES

SESSION L

Tier 1 Lower Body

Squat Variation

Tier 2 Upper Body

Horizontal or Vertical Press or Row

Tier 3 Total Body

Full Pull and Catch or Extension or Jump Progression

Tier 4 Lower Body

Single Leg Movement

Tier 5 Upper Body

Horizontal Row or Vertical Press or Row

Posterior Complex

Posterior Chain

Posterior Shoulder



Tier Level	Rotation	Classification	Movement
ONE	Upper Body 1	Foundation	Foundation
TWO	Total Body 2	Supplemental Major Assistance	Bilateral Full Pull and Catch, Jerk (uni option) Bilateral Extension
THREE	Lower Body 3	Supplemental Major Assistance	In Place Double or Single Leg, Vertical Horizontal
FOUR	Upper Body 4	Major Assistance	Horizontal or Vertical Movement
FIVE	Total Body 5	Major Assistance	Any Unilateral DB Movement
SIX	Lower Body 6	Secondary Assistance	Flexion or Extension of Ankle Knee Hip
SEVEN	Upper Body 7	Secondary Assistance	Shoulder Rotation

Developing the Training Template

Daily Rotation Session U (beginner)

Exercise Classification with Movement Rotation



MOVEMENT CHOICES

SESSION U

Tier 1 Upper Body

Horizontal Press [Vertical]

Tier 2 Total Body

Full Pull and Catch or Extension or Jump Progression

Tier 3 Lower Body

Single Leg Movement or Squat Variation

Tier 4 Upper Body

Horizontal or Vertical Row

Tier 5 Total Body

Single Arm Movement or Jump Progression

Posterior Complex

Posterior Chain

Posterior Shoulder



Upper Body Movement Considerations

Pulls versus Pushes

- ❑ Horizontal versus Vertical
- ❑ Repetition Volume Push/Pull [+] 2 Rule
- ❑ Foundation/Tier 1 Considerations Block Zero
- ❑ 2 Movement Tier

<u>Weeks 1&2</u>	<u>Session T</u>	<u>Session L</u>	<u>Session U</u>
Tier 1 – 6 sets			Foundation
Tier 2 – 5 sets		Horizontal Pull	
Tier 3 – 4 sets	Horizontal Press		
Tier 4 – 3 sets			Vertical Press
Tier 5 – 2 sets		Vertical Pull	
<u>Weeks 3&4</u>	<u>Session T</u>	<u>Session L</u>	<u>Session U</u>
Tier 1 – 6 sets			Foundation
Tier 2 – 5 sets		Vertical Press	
Tier 3 – 4 sets	Vertical Pull		
Tier 4 – 3 sets			Horizontal Pull
Tier 5 – 2 sets		Horizontal Press	
<u>Weeks 5&6</u>	<u>Session T</u>	<u>Session L</u>	<u>Session U</u>
Tier 1 – 6 sets			Foundation
Tier 2 – 5 sets		Horizontal Press	
Tier 3 – 4 sets	Horizontal Pull		
Tier 4 – 3 sets			Vertical Pull
Tier 5 – 2 sets		Vertical Press	
<u>Weeks 7&8</u>	<u>Session T</u>	<u>Session L</u>	<u>Session U</u>
Tier 1 – 6 sets			Foundation
Tier 2 – 5 sets		Vertical Pull	
Tier 3 – 4 sets	Vertical Press		
Tier 4 – 3 sets			Horizontal Press
Tier 5 – 2 sets		Horizontal Pull	



EMPHASIS	SESSION T		SESSION L		SESSION U	
TIER ONE PRIORITY	T	<i>Sequential</i> Push Jump Punch Progression	L	<i>Sequential</i> Squat Variation Bilateral	U	<i>Sequential</i> Horizontal Push/Pull Variation Bilateral
TIER TWO MAJOR	L	Squat Variation Bilateral or H/V Hybrid	U	Vertical Push/Pull Variation	T	Full Pull Catch Clean or Extension - Pulling
TIER THREE MINOR	U BWT	Horizontal Push/Pull Variation Bilateral Independent Limb or Unilateral	T	Jump Extension - Bridging	L	Unilateral Supportive or Unsupportive
TIER FOUR	T	Unilateral Extension Bridging	L	Horizontal or Hybrid	U	Vertical Pull
TIER FIVE	L	Vertical or Hybrid	U	Horizontal Pull	T	Unilateral Pull or Swing
Neck		Isometric or Rotation		Flexion - Extension		Lateral Flexion
POSTERIOR CHAIN		Hip Hinge (Bent Knee)		Knee Flexion or Hybrid		Hip Hinge (straight Leg)
POSTERIOR SHOULDER		ABD-ADD or Hybrid		Elevation/Depression Protraction/Retraction		Internal/External Rotation

Strength
Mobility

Developing the Training Template

Daily Rotation with Movement Rotation

My Basic Template – ELITE

Core Strength Training