

<b>PRE ACTIVITY STRENGTH PREPARATION #1</b>		<b>Competitive Stage</b>	<b>Developmental Stage</b>
Posterior Chain/Total Body	<b>Heavy Hurdles</b>	2 x 5 each	3 x 5 each
Power Zone Rotary	<b>Single Arm Barbell Snatch</b> [high hang rotate transverse]	2 x 5 each	3 x 5 each
Iso Lower Body	<b>Iso Lunge</b> [front foot elevated]	2 x 10-15 count	3 x 10-15 count
Movement SL Lower Body	<b>In Place Step Up</b> [off bench]	2 x 5 each	3 x 5 each
Iso Upper Body	<b>Iso Push Up</b> [handles/box 6"]	2 x 15 count	3 x 15 count
Movement Upper Body	<b>Inverted Pull Up</b> [Feet Elevated or Flat]	2 x 5 each	3 x 5 each

<b>PRE ACTIVITY STRENGTH PREPARATION #2</b>		<b>Competitive Stage</b>	<b>Developmental Stage</b>
Posterior Chain/Total Body	<b>Overhead Squat</b>	2 x 10	3 x 10
Power Zone Rotary	<b>Single Arm Barbell Punch</b>	2 x 5 each	3 x 5 each
Iso Lower Body	<b>Iso Split Squat</b> [back foot elevated]	2 x 10-15 count	3 x 10-15 count
Movement SL Lower Body	<b>Single Leg Squat</b> [15-16" Box - band assist]	2 x 5 each	3 x 5 each
Iso Upper Body	<b>Iso Chin Up</b>	2 x 10 - 15 count	3 x 10 - 15 count
Movement Upper Body	<b>DB Single Arm Row</b> [from push up position]	2 x 5 each	3 x 5 each

<b>PRE ACTIVITY STRENGTH PREPARATION #3</b>		<b>Competitive Stage</b>	<b>Developmental Stage</b>
Posterior Chain/Total Body	<b>Barbell Good Morning</b> [narrow/moderate/wide]	2 x 10	3 x 10
Power Zone Rotary	<b>Med Ball Deadlift/Squat/Press Slam</b> [heavy 20#+]	2 x 5	3 x 5
Iso Lower Body	<b>Iso Lateral Lunge</b> [lead foot elevated]	2 x 10-15 count	3 x 10-15 count
Movement SL Lower Body	<b>Standard Lunge w/ Body Bar Counterbalance</b>	2 x 5 each	3 x 5 each
Iso Upper Body	<b>Iso Push Up</b> [handles/box 6"]	2 x 10 - 15 count	3 x 10 - 15 count
Movement Upper Body	<b>Chin Ups</b> [band assist]	2 x 5	3 x 5

<b>PRE ACTIVITY STRENGTH PREPARATION #4</b>		<b>Competitive Stage</b>	<b>Developmental Stage</b>
Posterior Chain/Total Body	<b>Band Good Morning</b>	2 x 10	3 x 10
Power Zone Rotary	<b>Jammer Rotary</b> [hip ext rotate feet]/ <b>Suitcase Deadlift</b> [from block or high handle]	2 x 5 each	3 x 5 each
Iso Lower Body	<b>Iso Lunge</b> [front foot elevated]	2 x 10-15 count	3 x 10-15 count
Movement SL Lower Body	<b>Standard Reverse Lunge w/ Body Bar Counterbalance</b>	2 x 5 each	3 x 5 each
Iso Upper Body	<b>Iso Push Up</b> [handles/box 6"]	2 x 15 count	3 x 15 count
Movement Upper Body	<b>Pull Ups</b> [band assist]	2 x 5	3 x 5

<b>PRE ACTIVITY STRENGTH PREPARATION #5</b>		<b>Competitive Stage</b>	<b>Developmental Stage</b>
Posterior Chain/Total Body	<b>Barbell Sumo Progression</b> [narrow/moderate/wide - turn toes out each set]	2 x 10	3 x 10
Power Zone Rotary	<b>1/4 Squat Barbell Deadlift to Rotation</b>	2 x 5 each	3 x 5 each
Iso Lower Body	<b>Iso Split Squat</b> [back foot elevated]	2 x 10-15 count	3 x 10-15 count
Movement SL Lower Body	<b>Lateral Lunge w/ Counterbalance</b>	2 x 5 each	3 x 5 each
Iso Upper Body	<b>Iso Chin Up</b>	2 x 10 - 15 count	3 x 10 - 15 count
Movement Upper Body	<b>Mini Band Vertical Pull Aparts</b>	2 x 5 each	3 x 5 each

<b>PRE ACTIVITY STRENGTH PREPARATION #6</b>		<b>Competitive Stage</b>	<b>Developmental Stage</b>
Posterior Chain/Total Body	<b>Counter Balance Squat</b> [bar - front raise/med ball - horizontal press]	2 x 10	3 x 10
Power Zone Rotary	<b>45 degree Barbell Bus Drivers</b> [mid pt stop]	2 x 5 each	3 x 5 each
Iso Lower Body	<b>Iso Lateral Lunge</b> [lead foot elevated]	2 x 10-15 count	3 x 10-15 count
Movement SL Lower Body	<b>Split Squat</b> [back foot elevated]	2 x 5 each	3 x 5 each
Iso Upper Body	<b>Iso Push Up</b> [handles/box 6"]	2 x 10 - 15 count	3 x 10 - 15 count
Movement Upper Body	<b>Mini Band Horizontal Pull Aparts</b>	2 x 10	3 x 10