


Name: Level III

Date: _____

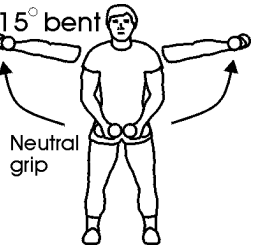
bar on shoulders in place of hand wts



Sets	Reps	Load
3	10	


Note:
forward lunge: step forward keeping toe over heel while dropping back knee toward but not touching floor, spine in neutral. Step back repeat

15° bent



Sets	Reps	Load
2	20	


Note:
start with arms raised, drop one and raise it then alternate



Sets	Reps	Load
2	10	


Note:
Leg Curl,: Lift up, then pull ball in with one leg, push away, then down...without resting body wt on floor between reps. Keep core tight

add ball or wt




Sets	Reps	Load
2	20	

Note:
lift chest up, keeping knees soft and upper back in neutral, focus on lower back muscles



Sets	Reps	Load
2	20	

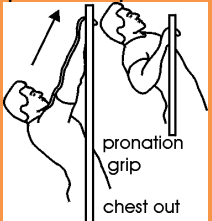
Note:
keeping spine in neutral, drop hips until knee is at 90 degrees. Hold at bottom for 3 to 5 secs. Avoid arching back



Sets	Reps	Load
2	20	

Note:
palms up: Press hands from shld to hip with straight wrist, keeping elbows inward in line with hip and ribs

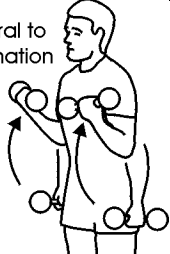
put feet up on ball



Sets	Reps	Load
2	20	

Note:
feet on ball, hold onto bar. Shld directly under hands. Drag chest toward bar. Pull with lats, not biceps

neutral to supination



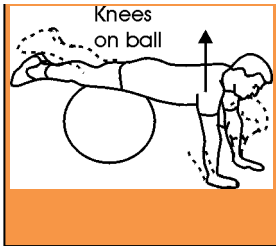
Sets	Reps	Load
2	20	

Note:
start in mid range, drop one and raise...return to start position then alternate. keeping elbows beside ribs, curl wt to shoulder

Sets	Reps	Load

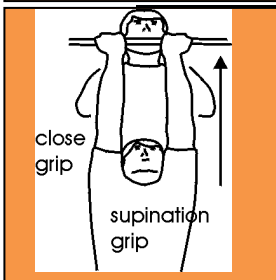
one leg tucks only

Sets	Reps	Load



3	20
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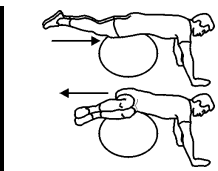
keeping thumbs under shoulders, bring body downward until elbow is level with shoulder, return and repeat without stopping



Sets	Reps	Load
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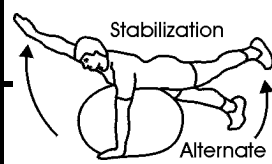
3	20	
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chin ups, keep head looking forward not up



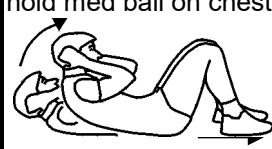
2	20
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drag hips to ribs then tuck with rotation knees to chest, keep core tight and ball stable



lift opposing arm and leg, while keeping core contracted, head in neutral, do not look up

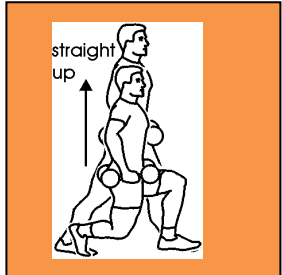
hold med ball on chest



move feet away from knees...curl and rotate as you lift, hold and rotate to other side before coming back to floor

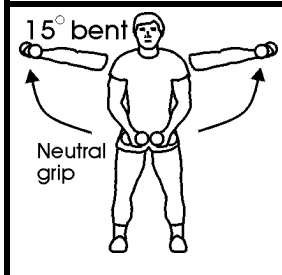
Name: Level II

Date: _____



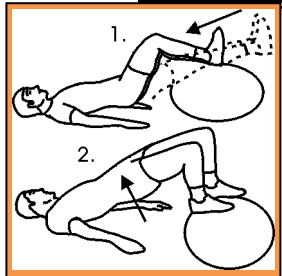
Sets	Reps	Load
3	10	

Note:
forward lunge: step forward keeping toe over heel while dropping back knee toward but not touching floor, spine in neutral. Step back repeat



Sets	Reps	Load
2	20	

Note:
stand on one leg. Lift wts to shld level



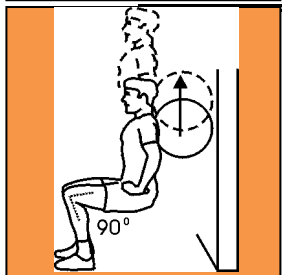
Sets	Reps	Load
2	10	

Note:
Leg Curl,: Lift up, then pull ball in, push away, then down...without resting body wt on floor between reps. Keep core tight



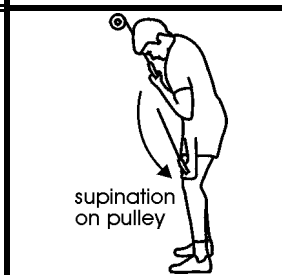
Sets	Reps	Load
2	20	

Note:
lift chest up, keeping knees soft and upper back in neutral, focus on lower back muscles



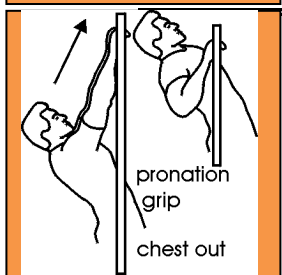
Sets	Reps	Load
2	20	

Note:
keeping spine in neutral, drop hips until knee is at 90 degrees. Hold at bottom for 3 to 5 secs. Avoid arching back



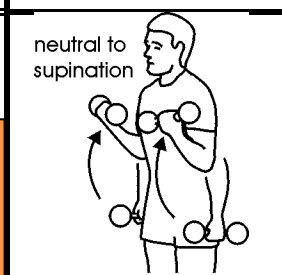
Sets	Reps	Load
2	20	

Note:
palms up: Press hands from shld to hip with straight wrist, keeping elbows inward in line with hip and ribs



Sets	Reps	Load
2	20	

Note:
in squat rack bar at 1/2 way pt. Feet on floor, body in 45 degree angle. Drag chest toward bar. Pull with lats, not biceps



Sets	Reps	Load
2	20	

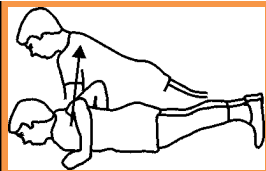
Note:
standing on one leg: stand on one leg. Lift wts to shld level



Sets	Reps	Load

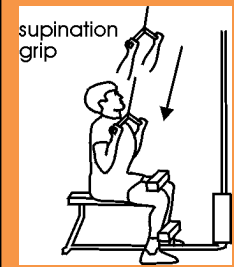
one leg tucks only

Sets	Reps	Load



3	20
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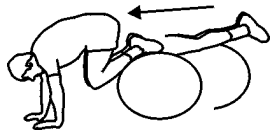
keeping thumbs under shoulders, bring body downward until elbow is level with shoulder, return and repeat without stopping



supination grip

Sets	Reps	Load
3	20	

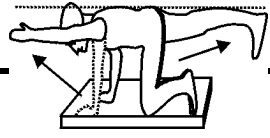
hands slightly wider than shoulder grip...drag shoulder blades downward while bringing elbows into the ribs, keep head in neutral. Over hand grip.



2	20
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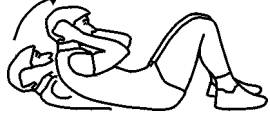
Note:

drag hips to ribs then tuck knee to chest, keep core tight and ball stable



lift opposing arm and leg, while keeping core contracted, head in neutral, do not look up

hold med ball on chest

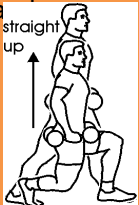


curl and rotate as you lift, hold and rotate to other side before coming back to floor

Name: Level I

Date: _____

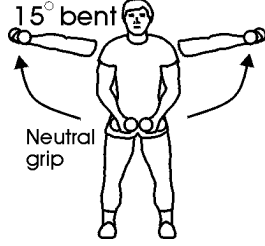
no weights in ha



Sets	Reps	Load
3	10	

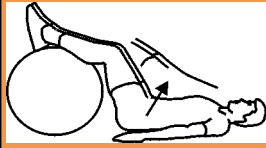
Note:
forward lunge: step forward keeping toe over heel while dropping back knee toward but not touching floor, spine in neutral. Step back repeat

15° bent




Sets	Reps	Load
2	20	

Note:
stand on one leg. Lift wts to shld level



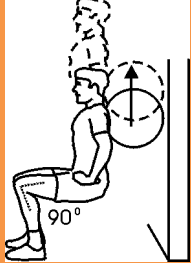
Sets	Reps	Load
2	10	

Note:
Leg Curl,: Lift up and down without resting body wt on floor between reps. Keep core tight



Sets	Reps	Load
2	20	


Note:
keeping head in neutral, lift chest off of floor to full range of motion, return to floor without resting and repeat



Sets	Reps	Load
2	20	

Note:
keeping spine in neutral, drop hips until knee is at 90 degrees. Avoid arching back


semi-pronation



Sets	Reps	Load
2	20	

Note:
with rope. Press hands from shld to hip with straight wrist, keeping elbows inward in line with hip and ribs

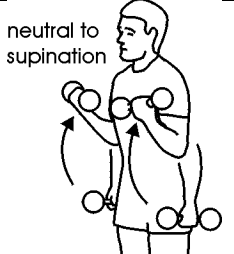
keep back straight -chest out -head up



Sets	Reps	Load
2	20	

Note:
seated row in circuit: squeeze shld blades together then pull arms inward, overhand grip pull slow and controlled *hands at underarm level

neutral to supination

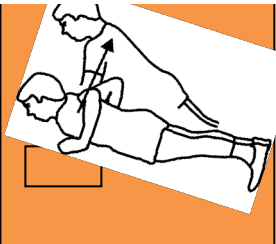


Sets	Reps	Load
2	20	

Note:
stand on one leg. Lift wts to shld level

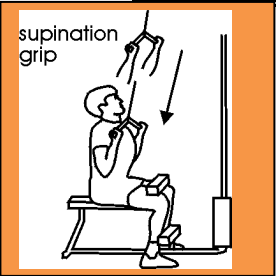
Sets	Reps	Load

Sets	Reps	Load



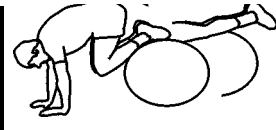
3	20
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keeping thumbs under shoulders, bring body downward until elbow is level with shoulder, return and repeat without stopping



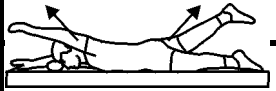
Sets	Reps	Load
3	20	

hands slightly wider than shoulder grip...drag shoulder blades downward while bringing elbows into the ribs, keep head in neutral. Over hand grip.

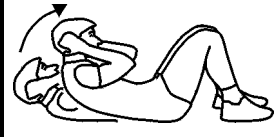


2	20
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Note:
drag hips to ribs then tuck knees to chest, keep core tight and ball stable



lift opposing arm and leg, while keeping core contracted, forehead supported



curl and rotate as you lift, hold and rotate to other side before coming back to floor