<table>
<thead>
<tr>
<th>Core -SL Situp</th>
<th>Core---Anti-Extension</th>
<th>Core-Anti-Lateral Flexion</th>
<th>Vertical Pull-1/2 Kneeling Pulldown</th>
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<tr>
<td>Arms at Side</td>
<td>Front Plank</td>
<td>Side Plank</td>
<td>Bilateral Crossed</td>
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<tr>
<td>Arms across chest</td>
<td>Ball Rollout</td>
<td>Side Plank Row</td>
<td>Iso-alternate</td>
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<tr>
<td>Hands Overhead</td>
<td>Plank Slides</td>
<td>Suitcase Carry</td>
<td>Crossed</td>
</tr>
<tr>
<td>Resisted SL Situp</td>
<td>Wheel Rollout</td>
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<td>Iso-alternate</td>
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<tr>
<td>1 Leg Straight Leg</td>
<td>BodySaw</td>
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<tr>
<td>1/2 Getup</td>
<td>Plank Rows</td>
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<tr>
<td>Getup</td>
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</tbody>
</table>

**Horizontal Pull- Pushup**

Regression- torso elevated

Loading tool- weight vest or plate on back. Vests work great for personal training clients and small groups, plates work better for large groups

Teaching tool- squeeze Airex between knees to increase core stability, chin tuck, lat recruitment

Phase 1- Floor
Phase 2- Feet Elevated
Phase 3- Feet Elevated Hands on BOSU
Feet Elevated w/ Plate – for heavy 2 plate loads use a pape

**Knee Dominant Supported-Split Squat**

Regression- band assisted or range limited with Airex pads
Teaching Tool 1- Blocked w/ bench- vertical tibia concept
Teaching Tool 2- RNT
Split - bottom up
RFE

**Preceding Corrective**

Box Hip Flexor Stretch-> Stationary Spiderman

**Knee Dominant Unsupported- 1 Leg Squat**

Assisted w/ band
Assisted w/ TRX
High Box
Parallel
Parallel Loaded

**Preceding Corrective**

SLDL

**Hip Dominant Straight Leg**

Cross Body Reach
2 Hand Reach
1 Kettlebell
2 Kettlebell

**Preceding Corrective**

Leg Lower w/ Lumbar Roll
Progression 2.5 Band-> 1 3/4 Band-> 3/4 Band
No Band

**Hip Dominant-Bent Leg**

2 Leg Bridge w 5 sec holds
1 Leg Bridge w 5 sec holds
Bridge w Alt Leg March
Eccentric Slideboard Leg Curl
Slideboard Leg Curl