

LOWER BODY

SQUATS	STARTER SQUATS <ul style="list-style-type: none">• Assisted squat• Med ball reaching squat• Heels elevated goblet box squat• Goblet box squat	INTERMEDIATE SQUATS <ul style="list-style-type: none">• Goblet squat• Lateral squat• B stance squats / loaded• Offset 1 KB squat	ADVANCED SQUATS <ul style="list-style-type: none">• 2 KB high rack squats• Front squat• Safety bar squat• Back squat• Overhead squat
SPLIT SQUAT	STARTER SPLIT SQUAT <ul style="list-style-type: none">• Assisted split squat• Bodyweight split squat• Goblet split squat	INTERMEDIATE SPLIT SQUAT <ul style="list-style-type: none">• Bodyweight RFE split squat• Suitcase split squat• Front rack / offset split squats	ADVANCED SPLIT SQUAT <ul style="list-style-type: none">• Goblet / suitcase RFE split squat• BB front/safety back split squat• Open trapbar RFE split squat
LUNGES	STARTER LUNGES <ul style="list-style-type: none">• Supported bodyweight reverse lunge• Bodyweight reverse lunge• Walking lunge – lateral lunge• Goblet reverse lunge	INTERMEDIATE LUNGES <ul style="list-style-type: none">• FFE reverse lunge• Reverse slider lunge• Lateral slider lunge• Goblet walking lunge – Deadlift load lateral lunge	ADVANCED LUNGES <ul style="list-style-type: none">• Suitcase lunge variations• 2 KB high rack lunge variations• BB front rack reverse lunge• FFE BB reverse lunge
STEP UPS	STARTER STEP UPS <ul style="list-style-type: none">• Bodyweight low / high step• Goblet low step• Suitcase low step• Starter single leg squats• Assisted pistol / skater squat to box	INTERMEDIATE STEP UPS <ul style="list-style-type: none">• BB front/back/safety low step• Goblet high step• Suitcase high step• Intermediate single leg squats• Pistol / skater squat to box	ADVANCED STEP UPS <ul style="list-style-type: none">• BB front / back / safety high step• Box blasts / plyometric step up• Advanced single leg squats• Loaded pistol / skater squat to box• Bodyweight skater squat• Bodyweight pistol
HINGE	STARTER HINGE <ul style="list-style-type: none">• Standing hip hinge• Block KB deadlift• KB deadlift• B stance KB deadlift	INTERMEDIATE HINGE <ul style="list-style-type: none">• KB swing• B stance 1 KB RDL• B stance 2 KB RDL• High handle trap bar deadlift	ADVANCED HINGE <ul style="list-style-type: none">• BB RDL• B stance BB RDL• Conventional deadlift• Semi-sumo deadlift• Sumo deadlift
BRIDGES	STARTER BRIDGES <ul style="list-style-type: none">• Floor glute bridge / hip lift• Shoulder elevated hip lift• Shoulders elevated b stance hip lift• Hamstring bridge / hip lift	INTERMEDIATE BRIDGES <ul style="list-style-type: none">• DB / banded shoulders elevated hip lift• Single leg shoulders elevated hip lift• Slider eccentric hamstring bridge	ADVANCED BRIDGES <ul style="list-style-type: none">• Slider hamstring bridge• Slider eccentric single leg bridge• Slider single leg bridge• BB hip thrust• BB b stance hip thrust
SINGLE LEG HINGE	STARTER SINGLE LEG HINGES <ul style="list-style-type: none">• Assisted single leg deadlift• Cross reaching SLDL• Cable B stance deadlift	INTERMEDIATE SINGLE LEG HINGES <ul style="list-style-type: none">• B stance KB deadlift• Supported KB SLDL• Cable SLDL	ADVANCED SINGLE LEG HINGES <ul style="list-style-type: none">• 1 DB / KB SLDL• 2 DB / KB SLDL• BB SLDL

UPPER BODY

HORIZONTAL PUSH - PRONE

STARTER HORIZONTAL PUSH - PRONE

- Wall push up
- Straight arm plank
- Elevated push up
- Knee push up
- Eccentric push up

INTERMEDIATE HORIZONTAL PUSH - PRONE

- Banded assisted push up
- Push up

ADVANCED HORIZONTAL PUSH - PRONE

- Feet elevated push up
- Banded loaded push up
- Weight vest push up

HORIZONTAL PUSH - SUPINE

STARTER HORIZONTAL PUSH - SUPINE

- DB floor press
- DB bridge press
- BB floor press

INTERMEDIATE HORIZONTAL PUSH - SUPINE

- DB bench press
- DB incline press
- Alternating DB press

ADVANCED HORIZONTAL PUSH - SUPINE

- BB bench press
- Single arm bench press

HORIZONTAL PULL

STARTER HORIZONTAL PULL

- Bilateral seated cable row
- Single arm seated cable row
- Chest supported DB row
- ½ kneeling cable row
- TRX row / inverted row

INTERMEDIATE HORIZONTAL PULL

- Single arm DB row
- Chest supported alternating row / isometric top position

ADVANCED HORIZONTAL PULL

- Feet elevated / weighted TRX row
- Bird dog row
- 2-point single arm bent over row
- BB bent over row
- Pendlay row

VERTICAL PUSH

STARTER VERTICAL PUSH

- Incline DB press
- Bilateral landmine press / tall kneeling / standing
- ½ kneeling single arm landmine press

INTERMEDIATE VERTICAL PUSH

- Stagger / B stance single arm landmine press
- ½ kneeling single arm DB / KB press
- ½ kneeling bilateral / alternate DB / KB press

ADVANCED VERTICAL PUSH

- Assisted single arm overhead press
- Single arm overhead press
- Single arm push press
- BB overhead press
- Push press

VERTICAL PULL - CABLES

STARTER VERTICAL PULL - CABLES

- Tall kneeling / ½ kneeling single arm lat pull down
- Tall kneeling / ½ kneeling cable X (cross) pull down
- Tall kneeling / ½ kneeling W pull down

INTERMEDIATE VERTICAL PULL - CABLE

- Alternating / isometric cable X or W pulldowns
- Supinated lat pull down
- Neutral lat pull down

ADVANCED VERTICAL PULL - CABLE

- Pronated lat pull down
- Wide grip lat pull down

VERTICAL PULL - PULL UP

STARTER VERTICAL PULL - PULL UP

- Straight arm hangs – supinated / neutral / pronated
- Supinated / neutral pull up machine
- Supinated / neutral banded assisted pull ups

INTERMEDIATE VERTICAL PULL - PULL UP

- Supinated/neutral eccentric pull ups
- Isometric pull up w/eccentric
- Supinated / neutral pull up

ADVANCED VERTICAL PULL - PULL UP

- Pronated / wide pull up
- Paused pull ups
- Weighted pull up

CORE

PRONE	STARTER CORE PRONE <ul style="list-style-type: none"> Plank from knee Bird dogs Highlighted Straight arm / forearm plank 	INTERMEDIATE CORE PRONE <ul style="list-style-type: none"> Straight arm plank tap Feet elevated front plank Body saw Bear crawls, front / back / lateral Sled marches 	ADVANCED CORE PRONE <ul style="list-style-type: none"> Ball rollout BB / wheel rollout Front plank w/cable pull
SUPINE	STARTER CORE SUPINE <ul style="list-style-type: none"> Single limb dead bug short / long lever 	INTERMEDIATE CORE SUPINE <ul style="list-style-type: none"> Highlighted Cross locked dead bug Same side locked dead bug 	ADVANCED CORE SUPINE <ul style="list-style-type: none"> Loaded dead bug Banded dead bug
ANTI LATERAL / ROTATION	STARTER CORE ANTI LATERAL / ROTATION <ul style="list-style-type: none"> Short lever side plank Highlighted Side plank 	INTERMEDIATE CORE ANTI LATERAL / ROTATION <ul style="list-style-type: none"> Feet elevated side plank Side plank w/hip abduction Side plank w/rotation Short lever adductor plank 	ADVANCED CORE ANTI LATERAL / ROTATION <ul style="list-style-type: none"> Long lever adductor plank Tall kneeling landmine rotation Standing landmine rotation 2 position side planks Side plank row
ANTI ROTATION	STARTER CORE ANTI ROTATION <ul style="list-style-type: none"> Tall kneeling anti rotation hold /press ½ kneeling anti rotation hold / press 	INTERMEDIATE CORE ANTI ROTATION <ul style="list-style-type: none"> Split squat / standing anti rotation (baseline) hold / press Tall kneeling chops / lift Highlighted ½ kneeling chops / lift 	ADVANCED CORE ANTI ROTATION <ul style="list-style-type: none"> Split squat / standing chops / lift Dynamic chop / lift
CARRY	STARTER CARRY <ul style="list-style-type: none"> Goblet carries Highlighted Farmers carry 	INTERMEDIATE CARRY <ul style="list-style-type: none"> Suitcase carries Bottoms up carry Asymmetric carry suitcase / high rack 	ADVANCE CARRY <ul style="list-style-type: none"> Asymmetric carry high rack / overhead Overhead carry

All of these progressions can be moved from starter all the way up to advanced depending on client ability, loading, tempo and intensity of lift.

KEY

Highlighted = Baseline movement
FFE = Front foot elevated
RFE = Rear foot elevated

KB = Kettlebell
DB = Dumbell
BB = Barbell

RDL = Romanian Deadlift
SLDL = Single Leg Romanian Deadlift