

	HINGE 	SQUAT 	LUNGE 	BRACE AND ROTATE	PUSH 	PULL 
	Neutral back	Neutral Back	Good Posture	Good posture	Core engaged	Posture
	Hips above knees	Knees/toes aligned	90° Knees	Core engaged (Glutes)	Elbows tucked	Shoulders down/back
	Legs unlocked	Lead with hips	Back Knee kisses floor	Belly Breathing	Connect upper/lower	Quick in, slow out
	Hamstrings 'stretched'	Feet fully grounded	Solid push off front heel	Shoulders down/back		
	Hamstrings 'stretched'	Aim >Parallel		Slow controlled		
Level 1	Glute Bridge	Zombie Squat	Split Squat	Timed Plank (20s on 20 off etc up to 60s)	Wall push up	Pull apart
Level 2	Glute Bridge raise on 1 leg lower on 2 legs	Prisoner Squat	Reverse lunge	3 Point plank var. (no hip shift)	Incline push up (Kneeling)	Seated/Standing Rows
Level 3	Single leg Bridge	Overhead Squat	Forward lunge	Slow Dynamic Planks (Mountain climbers etc)	Push up lowers (Slow eccentric)	Single arm rows
Level 4	Hinge (Dowel etc)	Goblet Squat	Walking Lunge	Deadbugs (ensure neutral pelvis)	Full push ups	Bent over rows
Level 5	Hinge resisted (Bands, KB etc)	Tempo Squat (Slow with hold)	Resisted Lunge	Med Ball	Band resisted push ups	Inverted Rows
Level 6	Single leg hinge	Tempo Squat (Fast)	Rear foot elevated Split squat	Palov holds and presses (Band)		Assisted pull ups
Level 7	Broad Jumps	Squat Jump	Split squat 'scissor' jump	Surrender	Plyo push ups	Pull ups