|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **HINGE**A picture containing person  Description automatically generated | **SQUAT**A person lifting weights  Description automatically generated with low confidence | **LUNGE**A person lifting weights  Description automatically generated with medium confidence | **BRACE AND****ROTATE** | **PUSH**A person lifting weights  Description automatically generated with medium confidence | **PULL**A picture containing text  Description automatically generated |
|  | **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 aparts** |
| **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** |

