Strength Drills Explanation 

**A-march :** <https://www.youtube.com/watch?v=S7G2a0jm2Go>

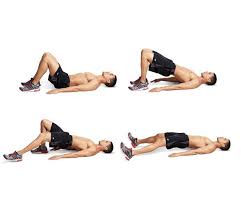
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**Antirotation Punches:** <https://www.youtube.com/watch?v=0xVPlvHYFbk>

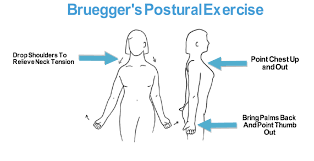
Start in a kneeling position. be perpendicular to your band / cable. Hold onto you cable with two hands and punch away from your torso.

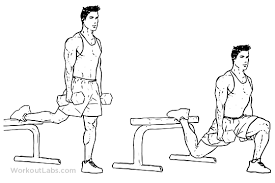


**Bridge Walkouts:** <https://www.youtube.com/watch?v=PtAEesSYE1A>

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**Brueggers:** <https://www.youtube.com/watch?v=iyph3SWr4qE>

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Bulgarian Squat:** <https://www.youtube.com/watch?v=JUi9PjVYQgo>

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**Curtsy Lunge:** <https://www.youtube.com/watch?v=wzHjHs6jlIA>

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**Eagles:** <https://www.youtube.com/watch?v=QZjGo0Y-_2g>

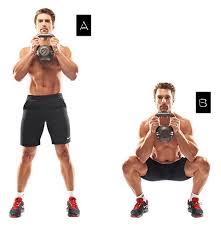
Start out laying on your back arms stretched out like a T. roll a leg towards the opposite hand Can be done with one or two legs

**Forward Lunge with weighted side Shoulder raise:** <https://www.youtube.com/watch?v=q9W-08W6Cxs>

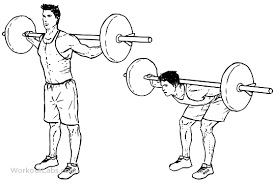
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**Goblet Ride-downs:** <https://www.youtube.com/watch?v=NOu0a-_r9wE>

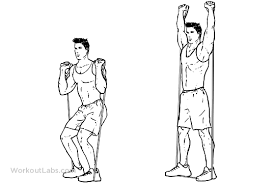
After finishing your goblet squat. Put the weight down and pick it back up then stand back up out of squat position.

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**Good Morning:** <https://www.youtube.com/watch?v=vKPGe8zb2S4>

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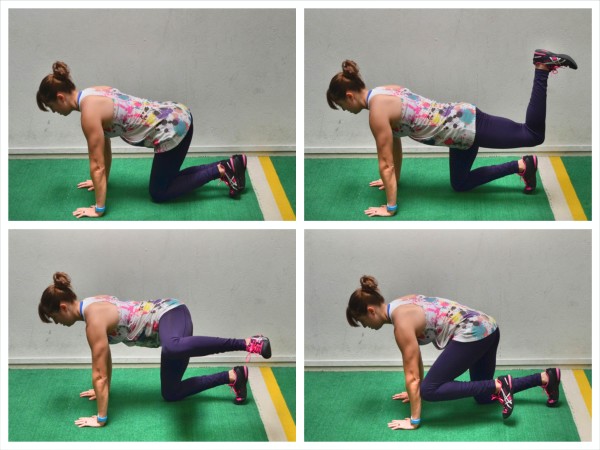
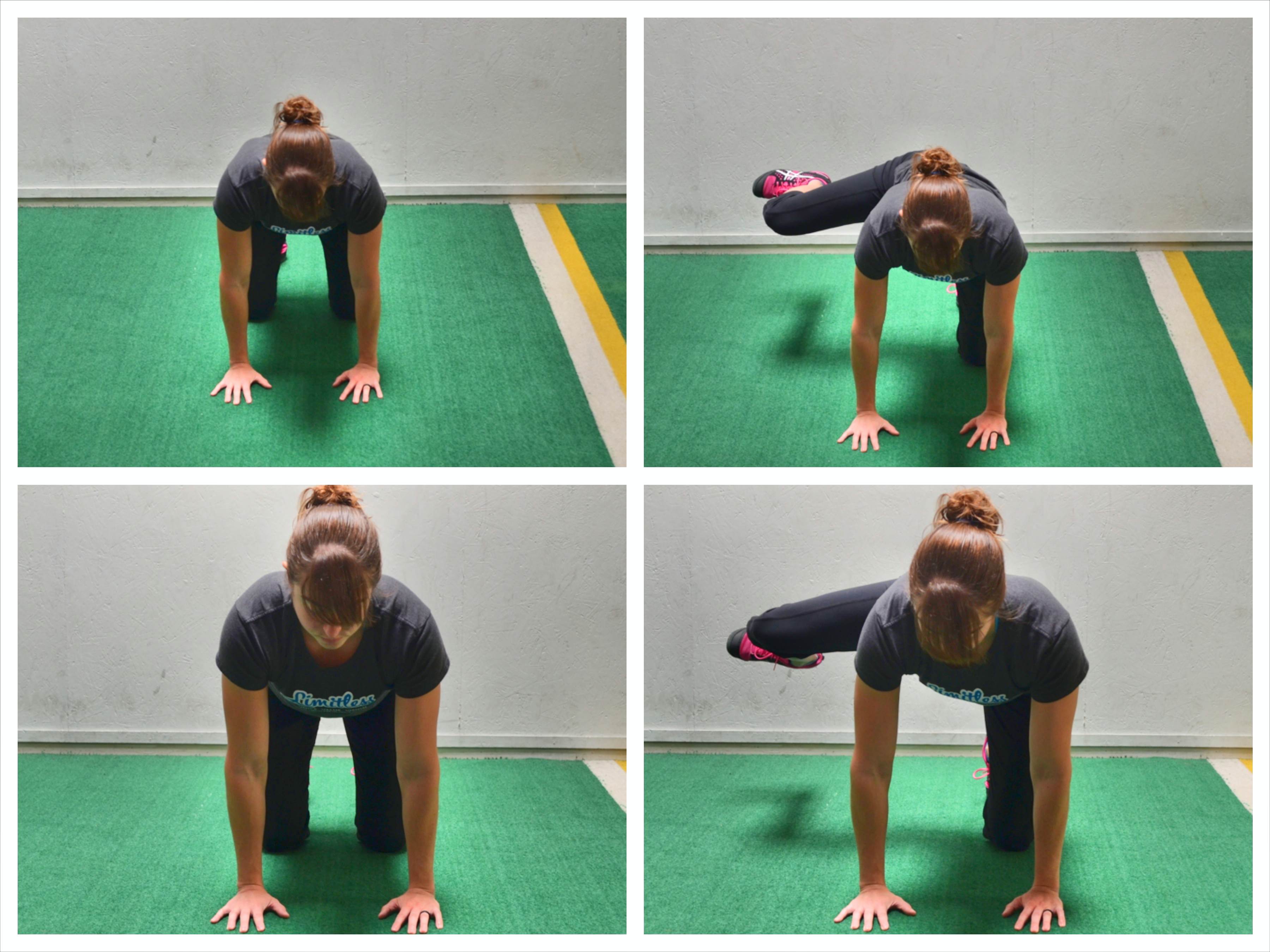
**Overhead Band Squat with press:** <https://www.youtube.com/watch?v=h4aoWCD_uck>

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**Pelvic Roll-ups:** <https://www.youtube.com/watch?v=n7yB6QzvywI>

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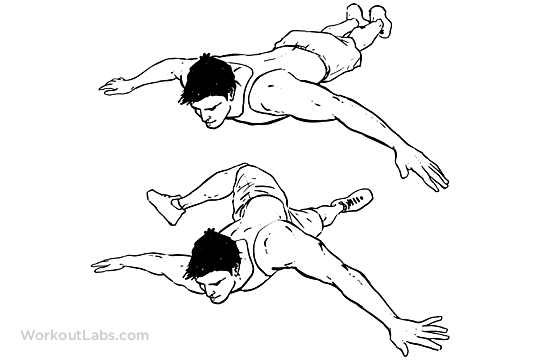
**Quadruped Hip Mobility:** <https://www.youtube.com/watch?v=oGd0a7C9Y3c>

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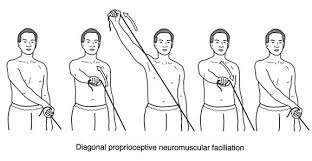
**Saigon Squat:** <https://www.youtube.com/watch?v=Run1EB20kWw>



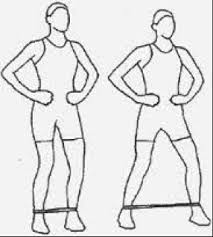
**Scorpions:** <https://www.youtube.com/watch?v=zFlwrxVeQxc>

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**Shoulder PNF:** <https://www.youtube.com/watch?v=n4CYxMr_D6s>



**Side Band Walk:** <https://www.youtube.com/watch?v=T5kUsOQWKjo>

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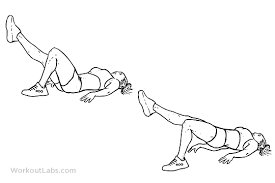
**Side Plank Clam Shell:** <https://www.youtube.com/watch?v=a0pu5eYghs4>

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**Single Leg V-Up:** <https://www.youtube.com/watch?v=Iefe83rf6Wk>

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**Single Leg Bridge:** <https://www.youtube.com/watch?v=0KEhga2e2r4>

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**Stability ball bridge roll out:** [www.youtube.com/watch?v=xGhN\_jng9wQ](http://www.youtube.com/watch?v=xGhN_jng9wQ)

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Stability ball reverse crunch:** <https://www.youtube.com/watch?v=I1GBjAUKfts>

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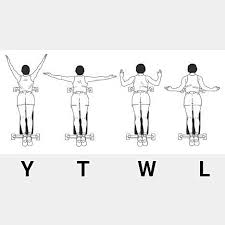
**Stability ball v-up ball pass:** <https://www.youtube.com/watch?v=p5Np8yLZKhQ>

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**Walking RDLs:** <https://www.youtube.com/watch?v=DLkdAJIHo4c>

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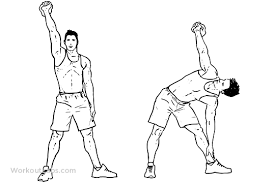
**Ys, Ts, Ws:** <https://www.youtube.com/watch?v=gyFK5bv2N0Q>

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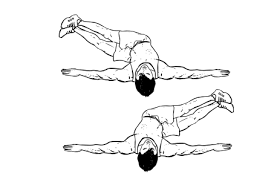
**Wall Angels**: <https://www.youtube.com/watch?v=YO87HFVgsGo>

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**Windmill circles:** <https://www.youtube.com/watch?v=FsbIRLS81qI>



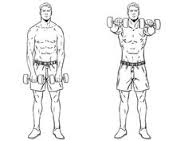
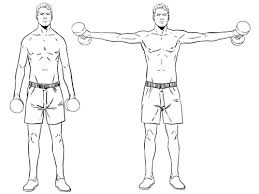
**Windshield Wipers:** <https://www.youtube.com/watch?v=X59_4RrU_aA>

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**Y's T's W's with bands:** <https://www.youtube.com/watch?v=g1mCgo62n5k>



**3-Way Shoulder Combo:** <https://www.youtube.com/watch?v=hT8geNdcK88>

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Core activation/injury prevention for ALL Elevate Strength workouts

1. Egg rolls
   1. <https://www.youtube.com/watch?v=2R25LEVvdkQ>
2. Hip lift hold
   1. <https://www.youtube.com/watch?v=DeAbrYRk0MU>
3. Quadrupled T-spine
   1. <https://www.youtube.com/watch?v=z2zv526I7M8>
4. Alternating Spiderman
   1. <https://www.youtube.com/watch?v=B7ZbRwcXx2A>
5. Good mornings (glute activation)
   1. <https://www.youtube.com/watch?v=4i4O_DGrTqo>
6. Lateral Bound
   1. <https://www.youtube.com/watch?v=UErP_YLLQwM>
7. 1/2 kneeling Adductor Rock
   1. <https://www.youtube.com/watch?v=PhhVy97aAvo>
8. Band Supported Leg Lower
   1. <https://www.youtube.com/watch?v=-gi0K3g7VSM>
9. Quadrupled hip rock
   1. <https://www.youtube.com/watch?v=GImwCsuBLyo>
10. Clock plank
    1. <https://www.youtube.com/watch?v=M8WRPND4sso>

Strength workouts 1-4

1. Weighted Goblet Squat
   1. <https://www.youtube.com/watch?v=Xjo_fY9Hl9w>
2. 1/2 kneeling Inline Chop (on cables)
   1. <https://www.youtube.com/watch?v=TqzBsmU60NQ>
3. Bear crawl
   1. <https://www.youtube.com/watch?v=Dp-zoscUCRA>
4. Reaching Single leg dead lift
   1. <https://www.youtube.com/watch?v=Pa2FhCjUhkI>
5. TK Antirotation hold (with band)
   1. <https://www.youtube.com/watch?v=A90PukFhEyg>
6. Chin up iso hold.
   1. <https://www.youtube.com/watch?v=i27qYZjRCLg>
7. Kettle Bell Dead Lift
   1. <https://www.youtube.com/watch?v=nqzf1Irdeho>
8. 1/2 Kneel Inline Lift
   1. <https://www.youtube.com/watch?v=NVR52Aed_7s>
9. Lateral Bear Crawl
   1. <https://www.youtube.com/watch?v=uWGbF1VKKTs>
10. Split Squat iso hold
    1. <https://www.youtube.com/watch?v=TEeFk_8ggqo>
11. TRX (or bodyweight) Row
    1. <https://www.youtube.com/watch?v=lBxgQ2FEiH8>
    2. <https://www.youtube.com/watch?v=HGsiKMi9pbU>
12. Reaching lateral squat
    1. https://www.youtube.com/watch?v=hI2ZQvCcEa0
13. Double Kettle Bell (or dumbbell) Dead lift
    1. <https://www.youtube.com/watch?v=eEBdx-8d5pc>
14. Iso Lunge Inline Chop
    1. <https://www.youtube.com/watch?v=myyOmCJgQxw>
15. Goblet Slide lunge (use towel under foot)
    1. <https://www.youtube.com/watch?v=miFRz0BRJYs>
16. TK Anti-Rotation Press-out
    1. <https://www.youtube.com/watch?v=Wy_qDiy0HvY>
17. Chin Up
    1. <https://www.youtube.com/watch?v=bd_A0kDAyK4>
18. 1-leg Squat with Tennis Ball
    1. <https://www.youtube.com/watch?v=x3Vh29HBLHo>
19. Dead-Stop Dumbbell Row
    1. <https://www.youtube.com/watch?v=ltWKyt6roLM>
20. 1/4 get-up to hand
    1. <https://www.youtube.com/watch?v=2-x9Y6a77qM>
21. Keiser SLDL
    1. <https://www.youtube.com/watch?v=8O3Yj1x6Cz8>
22. 1/2 kneel push/pull
    1. <https://www.youtube.com/watch?v=wH3sWcyv74A>
23. Incline D.B. Bench
    1. <https://www.youtube.com/watch?v=TThwNhMVspk>