



## Strength Drills Explanation

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



**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.



## Around-the-World Squats with Medicine Ball

<https://www.youtube.com/watch?v=16f93lwa-8>

### Backward Lunges:

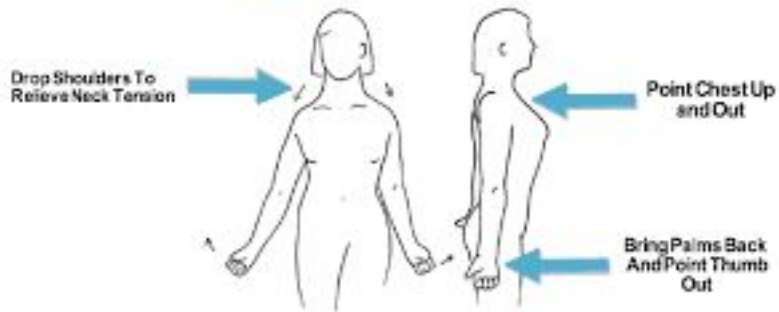


### Bridge Walkouts: <https://www.youtube.com/watch?v=PtAEesSYE1A>

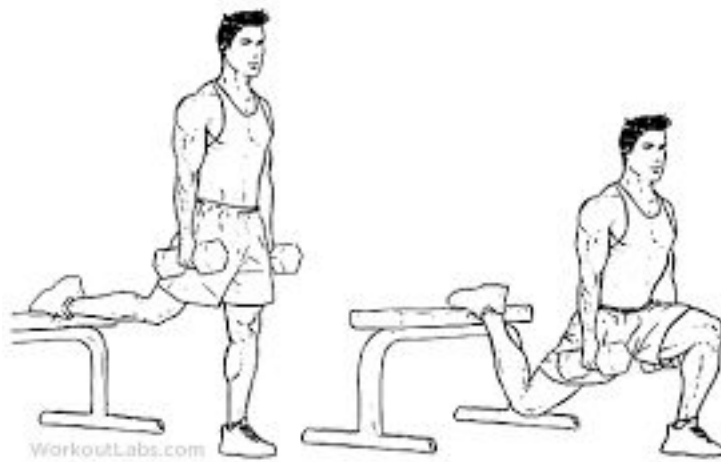


### Brueggers: <https://www.youtube.com/watch?v=iyph3SWr4qE>

## Bruegger's Postural Exercise



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



**Curtsy Lunge:** <https://www.youtube.com/watch?v=wzHjHs6jllA>



**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>



### **Front squat to Push Press:**



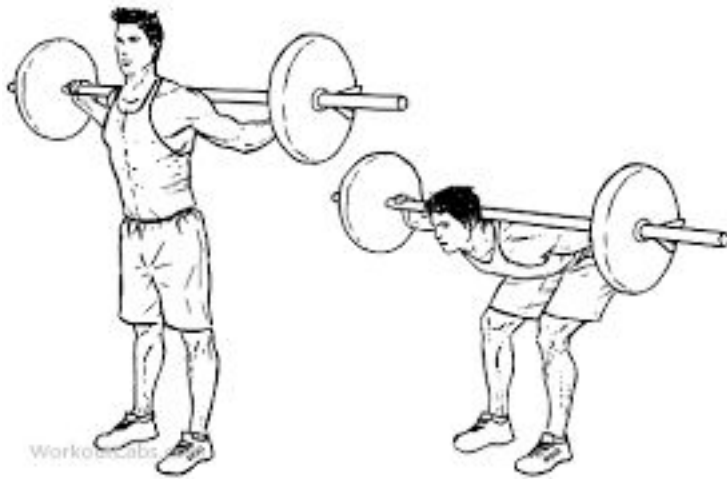
Can use bar or dumbbells. Deep squat, then Press high overhead in one explosive movement.

### **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.



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



**Hang Clean High Pulls:**



Keep bar as close to body as possible! Use momentum from the jump or toe raise, shrug shoulders straight up, keeping elbows high.

### Overhead Band Squat with press:

[https://www.youtube.com/watch?v=h4aoWCD\\_uck](https://www.youtube.com/watch?v=h4aoWCD_uck)



**Pelvic Roll-ups:** <https://www.youtube.com/watch?v=n7yB6Qzvywl>



### Propulsion Jumps (Bar above the knee, or midshin):



Picture shows without bar. Holding bar, position it to hang just above knees or mid-shin depending on exercise. Increase bend in knees, then push the floor away and blast off. Land with knees slightly bent and aligned over toes.

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



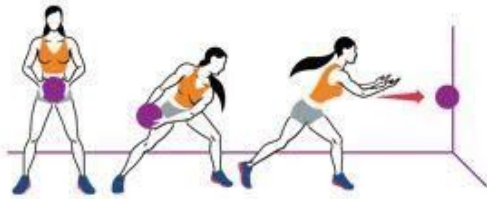
**Saigon Squat:** <https://www.youtube.com/watch?v=Run1EB20kWw>



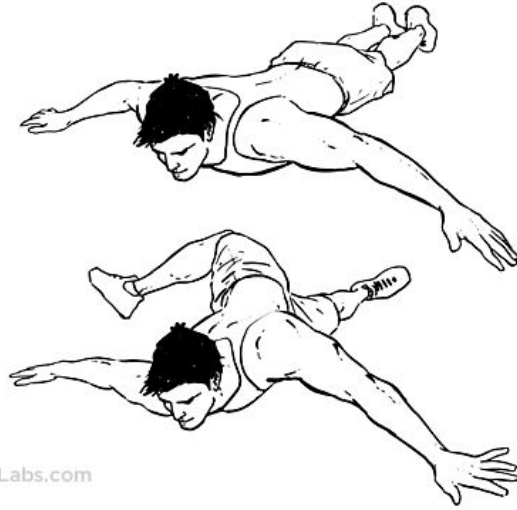


### **Scoop Toss with Medicine Ball:**

Bend at hips and hold ball close to outside foot, scoop ball up and over opposite shoulder as far as possible. Repeat opposite.

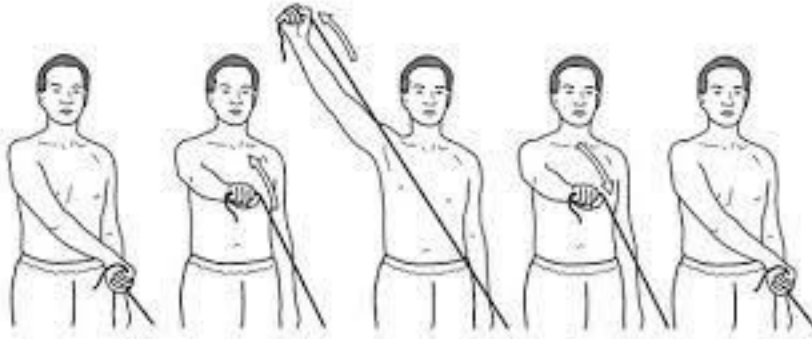


**Scorpions:** <https://www.youtube.com/watch?v=zFlwrxVeQxc>



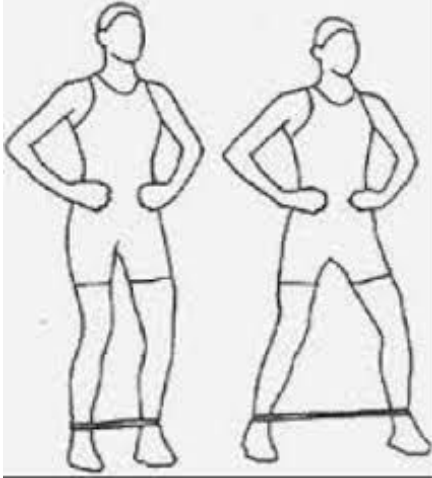
WorkoutLabs.com

**Shoulder PNF:** [https://www.youtube.com/watch?v=n4CYxMr\\_D6s](https://www.youtube.com/watch?v=n4CYxMr_D6s)



Diagonal proprioceptive neuromuscular facilitation

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



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



**Single Leg V-Up:** <https://www.youtube.com/watch?v=lefe83rf6Wk>



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



**Single Leg Bounds:**

Start in Standing Position with feet shoulder width apart, take a few steps to get moving, then jump one-legged from one foot to another. Opposite arm driving

opposite knee. Doesn't need to be consecutive jumps...take a few steps or short jog for other leg bound.



### Single leg Romanian Deadlift:



Stability ball bridge roll out: [www.youtube.com/watch?v=xGhN\\_ing9wQ](http://www.youtube.com/watch?v=xGhN_ing9wQ)



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



## Stability ball v-up ball pass:

<https://www.youtube.com/watch?v=p5Np8yLZKhQ>



## Standing Contralateral Punches:

Stand with good posture, feet shoulder width apart, with two bands, slightly taut, one anchored in front of you and the other behind you.

Drive out slowly to full extension and pulling back with opposing band

Counter resistance and bring hands back into starting position in controlled, slow movement

## Standing Push Jerks:



Place barbell on shoulders. Drop hips slightly, then push the ground away, driving bar off shoulders. As legs extend, lock arms while landing in split stance with one knee slightly forward and hip slightly bent.

### **Standing Shoulder Press:**





Position bar across shoulders, drops hips slightly, then push ground away driving bar off shoulders. Push bar all the way up to lock arms. Lower bar to starting position across shoulders.

### **Stepups Fast:**



Fast Toe Touch, fast feet. Use your arms to drive. Spend as little time on ground as possible.

### **Tuck Jumps:**



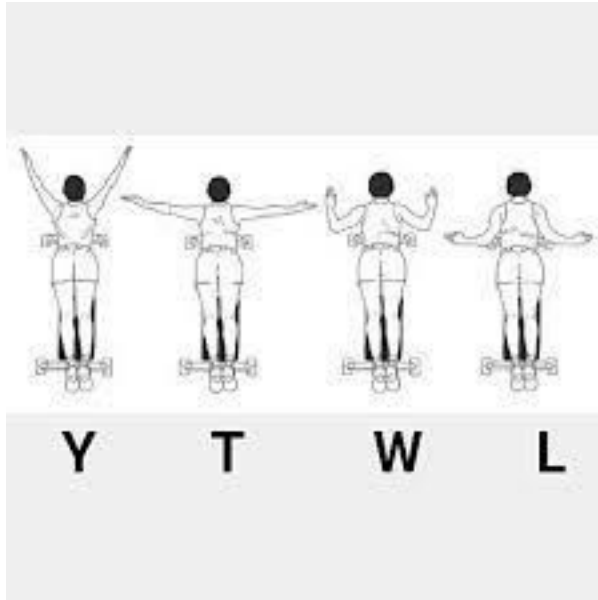
### **TUCK JUMPS EXERCISE**

Dip to one-quarter squat, then immediately blast off, jump as high as possible. At max height, pull knees to chest. Land on both feet with slight knee-bend and ankle-bend. Ready to take off again. Doesn't need to be consecutive...slight pause to refocus and regroup for next jump.

**Walking RDLs:** <https://www.youtube.com/watch?v=DLkdAJIH04c>



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



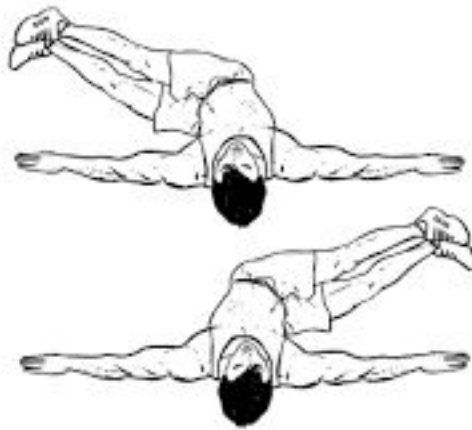
**Wall Angels:** <https://www.youtube.com/watch?v=YO87HFVgsGo>



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



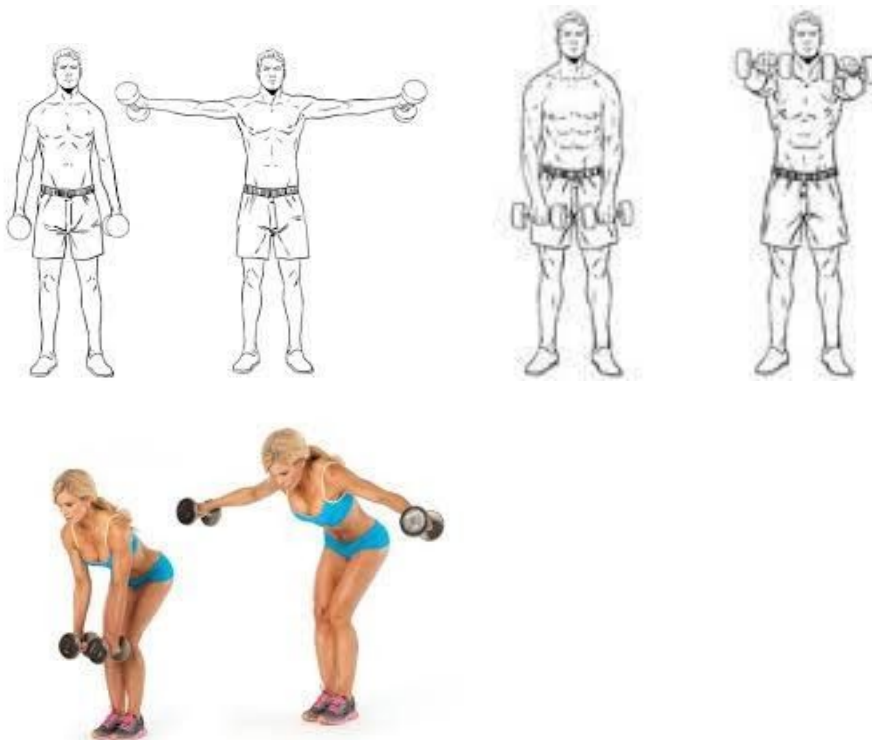
**Windshield Wipers:** [https://www.youtube.com/watch?v=X59\\_4RrU\\_aA](https://www.youtube.com/watch?v=X59_4RrU_aA)



**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>



Core activation/injury prevention for ALL Elevate Strength workouts

1. Egg rolls
  - a. <https://www.youtube.com/watch?v=2R25LEVvdkQ>
2. Hip lift hold
  - a. <https://www.youtube.com/watch?v=DeAbrYRk0MU>
3. Quadrupled T-spine
  - a. <https://www.youtube.com/watch?v=z2zv526I7M8>
4. Alternating Spiderman
  - a. <https://www.youtube.com/watch?v=B7ZbRwcXx2A>
5. Good mornings (glute activation)
  - a. [https://www.youtube.com/watch?v=4i40\\_DGrTqo](https://www.youtube.com/watch?v=4i40_DGrTqo)
6. Lateral Bound
  - a. [https://www.youtube.com/watch?v=UErP\\_YLLQwM](https://www.youtube.com/watch?v=UErP_YLLQwM)
7. 1/2 kneeling Adductor Rock
  - a. <https://www.youtube.com/watch?v=PhhVy97aAvo>
8. Band Supported Leg Lower

- a. <https://www.youtube.com/watch?v=-gi0K3g7VSM>
- 9. Quadrupled hip rock
  - a. <https://www.youtube.com/watch?v=GImwCsuBLyo>
- 10. Clock plank
  - a. <https://www.youtube.com/watch?v=M8WRPND4sso>

#### Strength workouts 1-4

1. Weighted Goblet Squat
  - a. [https://www.youtube.com/watch?v=Xjo\\_fy9HI9w](https://www.youtube.com/watch?v=Xjo_fy9HI9w)
2. 1/2 kneeling Inline Chop (on cables)
  - a. <https://www.youtube.com/watch?v=TqzBsmU60NQ>
3. Bear crawl
  - a. <https://www.youtube.com/watch?v=Dp-zoscUCRA>
4. Reaching Single leg dead lift
  - a. <https://www.youtube.com/watch?v=Pa2FhCjUhkl>
5. TK Antirotation hold (with band)
  - a. <https://www.youtube.com/watch?v=A90PukFhEyg>
6. Chin up iso hold.
  - a. <https://www.youtube.com/watch?v=i27qYZjRCLg>
7. Kettle Bell Dead Lift
  - a. <https://www.youtube.com/watch?v=nqzf1Irdeho>
8. 1/2 Kneel Inline Lift
  - a. [https://www.youtube.com/watch?v=NVR52Aed\\_7s](https://www.youtube.com/watch?v=NVR52Aed_7s)
9. Lateral Bear Crawl
  - a. <https://www.youtube.com/watch?v=uWGbf1VKKTs>
10. Split Squat iso hold
  - a. [https://www.youtube.com/watch?v=TEeFk\\_8ggqo](https://www.youtube.com/watch?v=TEeFk_8ggqo)
11. TRX (or bodyweight) Row
  - a. <https://www.youtube.com/watch?v=lBxgQ2FEiH8>
  - b. <https://www.youtube.com/watch?v=HGsiKMi9pbU>
12. Reaching lateral squat
  - a. <https://www.youtube.com/watch?v=hI2ZQvCcEa0>
13. Double Kettle Bell (or dumbbell) Dead lift
  - a. <https://www.youtube.com/watch?v=eEBdx-8d5pc>
14. Iso Lunge Inline Chop
  - a. <https://www.youtube.com/watch?v=myyOmCJgQxw>
15. Goblet Slide lunge (use towel under foot)
  - a. <https://www.youtube.com/watch?v=miFRz0BRJYs>

16. TK Anti-Rotation Press-out
  - a. [https://www.youtube.com/watch?v=Wy\\_qDiy0HvY](https://www.youtube.com/watch?v=Wy_qDiy0HvY)
17. Chin Up
  - a. [https://www.youtube.com/watch?v=bd\\_A0kDAyK4](https://www.youtube.com/watch?v=bd_A0kDAyK4)
18. 1-leg Squat with Tennis Ball
  - a. <https://www.youtube.com/watch?v=x3Vh29HBLHo>
19. Dead-Stop Dumbbell Row
  - a. <https://www.youtube.com/watch?v=ltWKyt6roLM>
20. 1/4 get-up to hand
  - a. <https://www.youtube.com/watch?v=2-x9Y6a77qM>
21. Keiser SLDL
  - a. <https://www.youtube.com/watch?v=803Yj1x6Cz8>
22. 1/2 kneel push/pull
  - a. <https://www.youtube.com/watch?v=wH3sWcyv74A>
23. Incline D.B. Bench
  - a. <https://www.youtube.com/watch?v=TThwNhMVspk>