EXERCISE APPENDIX

BIRD DOG

- Begin in a four-point position on the ground
- Extend one leg reaching back while maintaining neutral spine
- If you are able to maintain a neutral spine, extend opposite arm forward
- Return to four-point position
- Repeat with opposite leg and arm
- You can increase difficulty by increasing time in position, speed, adding ankle weights and hold light weights

BURPEE

- Step Back Burpee
  - Stand upright
  - Squat down and place arms on floor
  - Step back one leg at a time into plank position
  - Step each leg forward into squat position
  - Stand Up
  - Repeat
• Squat Planks
  o Begin in squat position
  o Place arms on the floor
  o Jump both legs back into plank position
  o Jump forward back into squat position
  o Repeat

• Straight Arm Burpee
  o Stand upright
  o Squat down and place arms on floor
  o Jump back into plank position
  o Jump forward into squat position
  o Complete squat jump
  o Repeat
- **Chest to Floor**
  - Stand upright
  - Squat down and place arms on floor
  - Jump feet back and bring chest to the floor simultaneously
  - Push arms up off the floor and jump feet forward into squat position
  - Complete squat jump
  - Repeat

- **Burpee with Push Up**
  - Stand upright
  - Squat down and place arms on floor
  - Jump back into plank position
  - Complete push-up
  - Jump forward into squat position
  - Complete squat jump
DEAD BUG

- Begin with both arms and legs in the air while laying on your back
- While maintaining a neutral spine, core activated with belly button to spine
- Alternate bring opposite arm and legs out
- To increase difficulty, you can move all four outward at the same time
- Returning to original position

DEADLIFT

- Kettlebell Deadlift
- Romanian Deadlift
- Single Leg Deadlift

INVERTED ROW
• Inverted Rows can be completed using smith machine, squat rack, Trx, or Rings
• The higher the bar, rings, Trx, etc., the easier the exercise will be
• Decreasing the angle from the ground will increase difficulty
• Inverted row with knees at 90 degrees

• Inverted row with straight leg

• Inverted row with legs elevated (can use ball or bench)

LEG LIFT

• Modified leg lift
  o Laying on your back knees bent at 90 degrees
  o Hands under pelvis to support low back to maintain neutral spine
  o Bring knees up
  o Lower legs back to ground
  o Repeat
• Leg lift with low back support
  o Laying on your back legs straight
  o Hands under pelvis to support low back to maintain neutral spine
  o Lift legs to 90 degrees
  o Lower legs back to ground
  o Repeat

• Leg lift
  o Laying on your back legs straight out 6 inches off ground
  o Arms out towards the side on the ground
  o Lift legs to 90 degrees
  o Lower legs back to 6 inches off ground
  o Repeat

• Scissor Leg Lift
  o Laying on your back legs straight with arms out to side
  o Alternate lifting legs individually to 90 degrees while opposite leg is towards ground
  o Maintain neutral spine
• Leg lift with holding static leg
  - Laying on your back legs straight out 6 inches off ground
  - Arms are straight holding weight (medicine ball, dumbbell, kettle bell, etc.)
  - Lift legs to 90 degrees
  - Lower legs back to 6 inches above ground
  - Repeat

• Leg lift with holding static leg
  - Laying on your back legs straight out 6 inches off ground
  - Arms are 90 degrees straight holding weight (medicine ball, dumbbell, kettle bell, etc.)
  - Lift legs to 90 degrees
  - Lower legs back to 6 inches above ground while moving arms towards ground as far as you are able to while maintaining neutral spine
  - Repeat

• Flutter Kick
  - Laying on your back legs straight out 6 inches off ground
- Arms are out to the side
- Alternate kicking legs a short distance like you would while swimming
- Keep legs off the ground while maintaining neutral spine

- Snow angel with Back support
  - Laying on your back legs straight out 6 inches off ground
  - Hands placed underneath pelvis to provide support to low back
  - Abduct legs out similar to “making snow angels”
  - Bring legs back together
  - Repeat

- Snow angel
  - Laying on your back legs straight out 6 inches off ground
  - Place hands on the ground
  - Abduct legs out similar to “making snow angels”
  - Bring legs back together
  - You can add arms into motion if you have the core strength to maintain neutral spine
• Hanging knee raise

• Hanging straight leg raise

LUNGES

• Options with different weights such as plates, dumbbells, kettlebells, barbell, med balls
• Lunge holding on to support
  o While holding wall, step back
  o Make sure hip, knee, and toe are in line
  o Weight is in middle of foot
  o Repeat with opposite leg

• Split Squat
  o Stand in a split stance
  o Lower back knee to the ground
  o Return to standing
  o Perform with opposite stance
• **Forward Lunge**
  - Stand with feet shoulder width apart
  - Step one leg back, far enough that your weight is distributed in the middle of your front foot and not in your toes
  - Make sure hip, knee, and toe are in line

• **Backward lunge**
  - Stand with feet shoulder width apart
  - Step forward into a lunge pattern like below, far enough that your weight is distributed in the middle of your front foot and not in your toes
  - Make sure hip, knee, and toe are in line
• Jumping Lunges

• Lateral Lunge

• Curtsy Lunge

• Walking Lunges
  
  o Stand upright, feet together, and take a controlled step forward with your right leg, lowering your hips toward the floor by bending both knees to 90-degree angles.

  o The back knee should point toward but not touch the ground, and your front knee should be directly over the ankle.

  o Press your right heel into the ground, and push off with your left foot to bring your left leg forward, stepping with control into a lunge on the other side.
- Overhead Lunges

- Step Ups

- Bulgarian Split Squat

- Variety of positions to hold weight if added

**MED BALL SLAM**

- Begin holding a medine ball
- Raise the ball overhead
- Forcefully slam ball to the ground while squating
• Squat to pick ball up and repeat

MOUNTAIN CLIMBER

• Legs to Chest
   o Begin in plank position
   o Alternate bringing each knee to chest
   o Maintain neutral spine while completing exercise
   o Increase speed as core strength allows and you are able to maintain neutral spine while completing

• Legs to Elbows
   o Begin in plank position
   o Alternate bringing each knee to chest
   o Maintain neutral spine while completing exercise
   o Increase speed as core strength allows and you are able to maintain neutral spine while completing
PLANK VARIATIONS

- Elbow Plank on knees
- Straight arm plank on knees
- Straight Arm Plank

- Elbow Plank
- Side Plank on knee
- Side Plank

- Side plank with lateral Arm Raise
- Side Plank with arm and leg lift
- Plank with hoovering knees

- Plank with alternating leg lifts

- Straight Arm Plank with alternating arm lifts, you can incorporate lifting alternate legs if able

- Plank Jack
• Prone Walk out

• Plank to push up

SQUATS

• Body weight squat to bench
  o Start with feet shoulder width apart
  o Squat down (like you are going to sit on the bench without actually touching it)
  o Make sure knees and toes are aligned
  o Have weight distributed through the midpoint of the feet
    ▪ Avoid being too far into your toes
• Body weight squat

• Barbell Back Squat

• Barbell Front Squat

• Goblet Squat
- Squat Jumps
- Tuck Jump
- Wall Sit
• Box Jump

• Squat Jacks
  o Standing with your feet close together and your hands clasped behind your head or in front, push your hips back to get into a half-squat position.
  o Jump your feet out to the sides, maintaining the squat position

PUSH UP VARIATIONS

• Knees
- Incline
- Regular
- Military
- Wide
- Diamond
- Decline
- Med Ball
- Explosive
• Hand Stand Push up

• Weighted Push up: Same as a standard push up, just place a plate on shoulder blades
• Push up with Band: Wrap a band across back and under hands, complete standard push up

THRUSTERS

• A thruster is a combination of two traditional compound weight-training exercises: the front squat and overhead press.
• The thruster can be performed using dumbbells, kettlebells, barbells, a medicine ball or a sandbag.
• Box/Bench Thrusters

• Standard Thruster
TRICEPS DIPS

- Important with all exercises listed below that shoulders are back and down to prevent injury
  - Bench with legs at 90 degrees

- Bench with straight legs

- Bench with legs on ball

- Triceps dips on bar assisted
  - Can be done at gym with machines that have weighted assist or utilize bands
- Bar dips unassisted

**FARMERS CARRY**

- Can utilize any of the following Kettle Bells, Dumbbells, Plate Carry’s

Wrist curls with weighted rope
  - Static hold with lateral raise

**PULL UP**

- Strict pull up unassisted

- Chin Up or Narrow grip
- Wide Grip pull up

- Assisted Pull ups can be completed with band

- Assisted pull up on machine
• Jumping pull up

• Eccentric pull up

• Static Hold (can be completed in narrow, neutral, or wide grip)

• Static straight arm hang
  - Make sure shoulder blades are engaged, retracted and depressed
WALL BALL

- Front squat and push-press combination
- Throwing an object from overhead, catching it, and sitting back into squat
- Typically a 14-20 lb. Medicine Ball and a flat vertical target located about 8-10 feet above the ground

DUMMY DRAGS WITH LIVE VICTIM