



Program Design Blueprint

Foundations

	Beginner		Intermediate		Advanced	
Hinges & Swings (Component 1)	[]	Bridge	[]	Romanian Deadlift (RDLs)	[]	Rack Pulls
	[]	Foot Elevated Bridge	[]	Traditional Deadlift	[]	Single Leg RDLs
	[]	Shoulder Elevated Bridge	[]	Kickstrand RDLs	[]	Swings
Rows & Pulls (Component 2)	[]	Three Point Single Arm Row	[]	Pull Over	[]	Pulley Seated Row
	[]	Supinated Chest Pull	[]	Pronated Chest Pull	[]	Band Straight Arm Pull Down
	[]	Single Arm Pull Start	[]	Supinated Pull Down	[]	Up Right Rows
Pushes, Pivot Points & Over Head Actions (Component 3)	[]	Single Arm Chest Press	[]	Pivot Point Press	[]	Bench Press
	[]	Shoulder Raises	[]	Landmine Two Hand Press	[]	Landmine Single Arm Press
	[]	Wall Slides	[]	Band Tensioned Wall Slides	[]	Over Head Press
Split Stance (Component 4)	[]	Band Gait Steps	[]	Gait Steps	[]	Loaded Gait Steps
	[]	Band Deloaded Step Ups	[]	Single Leg Step Ups	[]	Overloaded Step Ups
	[]	Band Deloaded Split Squats	[]	Split Squats	[]	Overloaded Split Squats
Loaded Carry, Drags & Release Drills (Component 5)	[]	Loaded Suitcase Carry	[]	Loaded Farmer Carry	[]	Loaded Waiter Carry
	[]	Loaded Chest Pass	[]	Loaded Slams	[]	Loaded Vertical Tosses
	[]	Band Simulated Sled Pull	[]	Band Simulated Drags	[]	Loaded Drags

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Program Design Blueprint

Foundations: Beginner

	Beginner		Cues	Notes
Hinges & Swings (Component 1)	[]	Bridge	Toes Up, Shoulders Tucked, Wheelbarrow Lift as One	
	[]	Foot Elevated Bridge	Toes Up, Pull Heels Down, Shoulders Tucked, Wheelbarrow Lift	
	[]	Shoulder Elevated Bridge	Shoulders Tucked, Chin Down, Toes Up, Hip High, Teeter-Totter	
Rows & Pulls (Component 2)	[]	Three Point Single Arm Row	Wide Three Points, All in Line, Elbow Past Back, Torso Still	
	[]	Supinated Chest Pull	Palms Up, Retract to Neutral, Pull Elbows, Pull Hands, Chest Up	
	[]	Single Arm Pull Start	Palms Down to Palms Up, Thoracic Rotation, No Hip, Fast to Slow	
Pushes, Pivot Points & Over Head Actions (Component 3)	[]	Single Arm Chest Press	Neutral Start to Palm Down Finish, Thoracic Rotation, Core Tight	
	[]	Shoulder Raises	Retract to Neutral, Elbows Up, Arms Long, Work Tempo	
	[]	Wall Slides	Work to Neutral, Chin Neutral, Reach to Pain Free	
Split Stance (Component 4)	[]	Band Gait Steps	Alignment is Key, Goal is Double Regular Length Gait	
	[]	Band Deloaded Step Ups	Shoulder Retract to Neutral, Control Tempo Down, Stability	
	[]	Band Deloaded Split Squats	Shoulder Retract to Neutral, Control Tempo Down, Stability	
Loaded Carry, Drags & Release Drills (Component 5)	[]	Loaded Suitcase Carry	Shoulder Retract to Neutral, Gun Slinger, Chin Down, Steady	
	[]	Loaded Chest Pass	Shoulder Retraction to Neutral, Wrist & Elbow in Tight, Steady	
	[]	Band Simulated Sled Pull	Displace with Inertial Lean, Shoulder Retraction, Control	

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Foundations: Intermediate

	Intermediate		Cues	Notes
Hinges & Swings (Component 1)	[]	Romanian Deadlift (RDLs)	Shoulder Retract to Neutral, Pelvic Tilt, Chin Neutral	
	[]	Traditional Deadlift	Hinge Back & Down, Shoulders Retract to Neutral, Chin Neutral	
	[]	Kickstrand RDLs	Heel to Toe, High Toe Rear Leg, Hinge, Seek Stretch	
Rows & Pulls (Component 2)	[]	Pull Over	Hands Neutral, Biceps to Ears, Reach Long, Belly Down	
	[]	Pronated Chest Pull	Palms Down, Elbows Wide, Superman Chest, Retract 1 st	
	[]	Supinated Pull Down	Supinated Grip, Retraction, Elbows Pull, Chest Up, Core Tight	
Pushes, Pivot Points & Over Head Actions (Component 3)	[]	Pivot Point Press	Press & Reach, Control Eccentric Phase, Inertial Hold	
	[]	Landmine Two Hand Press	Chest Up, Chin In, Retract to Neutral, Hip & Punch, "Reach"	
	[]	Band Tensioned Wall Slides	Iso Hold of Tension, Vertical Press, Keep Tight, Big Reach	
Split Stance (Component 4)	[]	Gait Steps	Alignment is Key, Goal is Double Regular Length Gait	
	[]	Single Leg Step Ups	Shoulder Retract to Neutral, Control Tempo Down, Stability	
	[]	Split Squats	Shoulder Retract to Neutral, Control Tempo Down, Stability	
Loaded Carry, Drags & Release Drills (Component 5)	[]	Loaded Farmer Carry	Shoulder Retract to Neutral, Gun Slinger, Chin Down, Steady	
	[]	Loaded Slams	Shoulder Retraction to Neutral, Hip-Lat-Elbow Contact, Jaguar	
	[]	Band Simulated Drags	Displace with Inertial Lean, Shoulder Retraction, Control	

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Foundations: Advanced

	Advanced		Cues	Notes
Hinges & Swings (Component 1)	[]	Rack Pulls	Retract to Neutral, Hip Hinge, Unload, Pull Back, Tight, Tall	
	[]	Single Leg RDLs	Tea Pot, Higher is Better, Internal Rotation Rear Leg	
	[]	Swings	Pendulum, Counter Like a Door Hinge	
Rows & Pulls (Component 2)	[]	Pulley Seated Row	High Angle, Rhomboids-Lats-Elbows-Hands, Control Eccentric	
	[]	Band Straight Arm Pull Down	Thumbs Up, Squish the Grapes, Superman Chest	
	[]	Up Right Rows	Pull Up, Pull Apart, Superman Chest, Tight	
Pushes, Pivot Points & Over Head Actions (Component 3)	[]	Bench Press	Between 0-90 Degree (45 is ideal), Chest Up, Shoulder Tuck	
	[]	Landmine Single Arm Press	Neutral Wrist-Elbow-Shoulder, Hinge & Reach	
	[]	Over Head Press	Single Arm Pull/Push, Other Arm Push Over Head, Reach	
Split Stance (Component 4)	[]	Loaded Gait Steps	Alignment is Key, Goal is Double Regular Length Gait	
	[]	Overloaded Step Ups	Shoulder Retract to Neutral, Control Tempo Down, Stability	
	[]	Overloaded Split Squats	Shoulder Retract to Neutral, Control Tempo Down, Stability	
Loaded Carry, Drags & Release Drills (Component 5)	[]	Loaded Waiter Carry	Shoulder Retraction to Neutral, Wrist & Elbow in Tight, Steady	
	[]	Loaded Vertical Tosses	Proper Hinge (prep.), Accelerate (Up) & Release!	
	[]	Loaded Drags	Displace with Inertial Lean, Shoulder Retraction, Control	

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