



1. SUPINE – ROLLING – PRONE	2. QUADRUPED – TRIPOD
<ul style="list-style-type: none"> • Supine Inline Crawling • Supine Lateral Crawling • Upper Body Rolling • Lower Body Rolling • Prone Sphinx <p>FUNDAMENTAL:</p> <ul style="list-style-type: none"> • Breathing, Gripping, Head-Eye Tracking, Reaching, Leg Raising, Hip Flexion/Extension, Short Foot Posture. 	<ul style="list-style-type: none"> • Supine Crawling • Side-Sitting Position with Arm Support • Half Kneeling Tripod • Crawling Under Obstacle <p>FUNDAMENTAL:</p> <ul style="list-style-type: none"> • Breathing, Gripping, Head-Eye Tracking, Reaching, Leg Raising, Hip Flexion/Extension, Short Foot Posture.
3. FULL KNEELING – HALF KNEELING	4. STANDING
<ul style="list-style-type: none"> • Full Kneeling • Half Kneeling • Deep Knee Bend to Tripod on Beam • Tripod Style Get Up <p>FUNDAMENTAL:</p> <ul style="list-style-type: none"> • Breathing, Gripping, Head-Eye Tracking, Reaching, Leg Raising, Hip Flexion/Extension, Short Foot Posture. <p>TRANSITIONAL:</p> <ul style="list-style-type: none"> • Quadruped, Rotary Stability, Trunk Stability, Crawling, Half Kneeling, Full Kneeling. 	<ul style="list-style-type: none"> • Split Squat Reach on Beam • Forward Stepping Under • Lateral Stepping Under • Confined Space Step Over • Sit – Rising <p>FUNDAMENTAL:</p> <ul style="list-style-type: none"> • Breathing, Gripping, Head-Eye Tracking, Reaching, Leg Raising, Hip Flexion/Extension, Short Foot Posture. <p>TRANSITIONAL:</p> <ul style="list-style-type: none"> • Quadruped, Rotary Stability, Trunk Stability, Crawling, Half Kneeling, Full Kneeling. <p>FUNCTIONAL:</p> <ul style="list-style-type: none"> • Lunging, Stepping, Squatting, Carrying, Gait, Skipping, Running, Deceleration, Acceleration, Jumping, and Hopping.

(1-4) May experience *GRF 1-5 X BW. *GRF = Ground Reaction Forces. *BW = Bodyweight



5. PERFORMANCE

- Hip-Dominant
- Knee-Dominant
- Horizontal Push
- Horizontal Pull
- Vertical Push
- Vertical Pull
- Core

Hip-Dominant – Deadlifts, Single-Leg Deadlifts, Lunges, Single-Leg Squat, Hip Extensions

Knee-Dominant – Squats, Split-Squat, Lateral Squat, Lunges, Rear-Foot-Elevated Squats, Single-Leg Squats

Horizontal Push – Flat Bench, Dumbbell Flat Bench, Push-Up

Horizontal Pull – Dumbbell Row, Cable Row, TRX Row

Vertical Push – Dumbbell Press, Overhead Kettlebell Press

Vertical Pull – Pull-Up, Chin-Up, Lat Pulldown, X-Pulldown

Core (Subdivided)

Anti-Extension – Front Plank, Ab Wheel Rollout

Anti-Lateral Flexion – Side Plank, Suitcase Carries

Anti-Rotation – Anti-Rotation Press

Rotary Stability – Chops, Lifts, Crawling

FUNDAMENTAL:

- Breathing, Gripping, Head-Eye Tracking, Reaching, Leg Raising, Hip Flexion/Extension, Short Foot Posture.

TRANSITIONAL:

- Quadruped, Rotary Stability, Trunk Stability, Crawling, Half Kneeling, Full Kneeling.

FUNCTIONAL:

- Lunging, Stepping, Squatting, Carrying, Gait, Skipping, Running, Deceleration, Acceleration, Jumping, and Hopping.

(5) May experience *GRF 4-11 X BW. *GRF = Ground Reaction Forces. *BW = Bodyweight