



BREATHING	PAIN or DISCOMFORT IMPROVE COORDINATION
<ul style="list-style-type: none">• Diaphragmatic Breathing• Rolling	<ul style="list-style-type: none">• Balance Beam Walking• Barefoot/Minimal Footwear Training• Climbing• Carrying
GRIP/SHOULDER/CORE/CONTROL	BALANCE
<ul style="list-style-type: none">• Goblet Squat, to Overhead Lift• Bottom-Up Clean, Bottom-Up Press• Bottom-Up Clean & Press, Full Kneeling• Bottom-Up Press, Full Kneeling• Climbing• Heavy Ropes	<ul style="list-style-type: none">• Trail Running• Bottom-Up Press, Half Kneeling• Single-Leg Deadlift• Single-Leg Medicine Ball Catch• Half Kneeling Kettlebell Halos• Full Kneeling Kettlebell Halos• Goblet Squat to Halos• Half and Full Kneeling Medicine Ball Throws• Single or Alternate Leg Jump Rope



POSTURE and COORDINATION	COMPLEXES
<ul style="list-style-type: none">• Jump Rope• Turkish Get Up• Kettlebell Overhead Walking• Carries	<ul style="list-style-type: none">• Trail Running• Single-Leg Squat• Single-Arm Push-Up• Chop and Lift, Half and Full Kneeling• Press-Bottom-Up, Half Kneeling• Double Press, Full Kneeling• Single Bottom-Up, Clean/Squat/Press• Double Bottom-Up, Clean/Squat/Press• Climbing• Obstacle Course