DEEP SQUAT Balance/Flexibility/CORE   Created: Chad Harbaugh

MOVEMENT	SETS	REPS	COMMENTS
1.Toe touch progression (Phase I) (42)			
2. Toe touch progression (Phase II) (43)			
3. Deep squat progression (Phase I) (44)			
4. Deep squat progression (phase II) (45)			
CORE PROGRESSION			
1. Toe touch (Board) (65)			
2. Squat Reach (Board) (66)			
3. Deep Squat on slide board (67)			
CORE SEQUENCES			
1. Squat Sequence (75-79)			

Hurdle Step Balance/Flexibility/CORE

MOVEMENT	SETS	REPS	COMMENTS
ADVANCED STRETCHES			
1. Tabletop stride (47)			
2. Tabletop hip stretch (48)			
3. Standing quad stretch with hip extension (48)			
4. Standing glute stretch with hip flexion (48)			
FOUNDATION DRILLS			
1. Elevated mountain climber cycle (49)			
2. Elevated Dip cycle (50)			
CORE PROGRESSION			
1. Double Leg Stretch (68)			
2. Slow motion mountain climber (68)			
3. Mountain climber slide and stride (69)			
CORE SEQUENCE			
1. Hurdle step sequence (80-83)			

LUNGE Balance/Flexibility/CORE

MOVEMENT	SETS	REPS	COMMENTS
1. Half Kneeling Dowel Twist (51)			
2. In-line lunge with dowel (52)			
CORE PROGRESSION			
1. Stride and twist (70)			
2. Lunging Dowel twist (Dynamic lunge) (71)			
CORE SEQUENCE			
1. Lunge sequence (84-86)			

ACTIVE STRAIGHT LEG RAISE   Balance/Flexibility/CORE

MOVEMENT	SETS	REPS	COMMMENTS
1. Leg lowering progression (54)			
2. Curl-ups to modified curl ups (55)			
3. Leg lowering progression with support (56)			
CORE PROGRESSION			
1. Single leg bridge (72)			
2. Dip bridge (73)			
3. Straight leg raise (74)			

SEATED ROTATION Balance/Flexibility/CORE

MOVEMENT	SETS	REPS	COMMENTS
1. Side-lying rotation (57)			
2. Shoulder Rotation (58)			
3. Trunk Rotation (59)			
4. Trunk Stability (60)			