

UNLEASH YOUR ATHLETE

RESETS + TRADITIONAL LIFTS



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ORIGINAL STRENGTH RESETS FOR TRADITIONAL LIFTS

THE SQUAT

PRESS RESET

- **Breathing** in “Crocodile” position x 20 breaths
- **Head Nods** from Supine-lying position x 10 reps
- **Dead-bugs** (tail bone off floor) - especially for front squats x 20 total reps
- **Rocking** with feet plantar-flexed x 20 reps
- **March in Place** x 20 Reps

PATTERN THE MOVEMENT

- **KB Goblet Squats** x 5 reps; 3-5 sets, add weight as needed

TIE THE “X”

- **Sandbag Bear-Hug Carry** – Pick up the bag, bear-hug it to your chest, carry it 10 yards. Put it down. Repeat.

PERFORM THE SQUAT

BETWEEN WORK SETS, PRESS RESET

- **Rocking** with feet dorsiflexed x 10 reps
- **Dead-bugs** (tail bone off floor) x 20 total reps

DEADLIFTS & SWINGS

PRESS RESET

- **Breathing** in prone position, resting on elbows & forearms x 20 breaths
- **Head Nods** in prone position, resting on elbows & forearms x 10 reps
- **Frog Rolls** x 5 rolls each direction
- **Rocking** on Hands & Feet (4-point position) x 15 reps
- **Cross-Crawls** x 20 Reps

PATTERN THE MOVEMENT

- **2-Leg and/or 1-Leg Hip Bridges** x 10 reps; 1-3 sets as needed

TIE THE “X”

- **KB Bottoms Up Carries** – Pick up the kettlebell and hold it upside down in one hand. Carry it 10 yards. Put the bell down, switch hands and repeat.

PERFORM THE DEADLIFTS OR SWINGS

BETWEEN WORK SETS, PRESS RESET

- **4-Point Rocking** x 10 reps
- and/or **Marching** x 20 steps

ORIGINAL STRENGTH RESETS FOR TRADITIONAL LIFTS

OLYMPIC LIFTS (SNATCH & CLEAN)

PRESS RESET

- **Breathing** in Commando rocking position x 20 breaths
- **Windshield Wipers** x 10 rotations
- **Rocking** on Hands & Feet (4-point position) x 10 reps - move slow going forward, quick/at speed moving back
- **Backwards Crawling** x 20 steps

PATTERN THE MOVEMENT

- **Waiter's Bow** (Plate to Chest) x 10 reps

TIE THE "X"

- **1-Leg RDLs** with one kettlebell in opposing hand from standing leg x 5 reps R & L; 3-5 sets, add weight as needed

PERFORM THE LIFT

BETWEEN WORK SETS, PRESS RESET

- **6-Point Rocking** with toes dorsiflexed at speed in between sets x 15 reps
- **Head Nods** x 10 reps

For more information on how to unleash your athlete:

ORIGINALSTRENGTH.NET

Check out our book *OS Performance - The Next Level*