



	SQUAT	PULL	GAIT	ROTATE	HINGE	PUSH
RESET	Breathe Supine Neck Nods Dead bugs Half Rolls Windshield Wipers Lego Rocking Dorsiflexed Rocking	Breathe Supine Neck Nods Prone Neck Rotations Half Rolls Commando Rocks	Breathe Neck nods and Rotations Segmental Rolls Dead bugs Speed Skaters Crawling Cross-Crawls	Breathe Neck Rotations Egg Rolls Windshield Wipers Advanced Windshield Wipers Frog Rolls	Breathe Neck Nods Scary Baby Rolls Half Rolls 4-Point Rocking Birddogs Crawling	Breathe Neck Nods in Plank Commando Rocking Birddogs Backwards Crawling
PATTERN	TRX Squat Series Face the Wall Squat Goblet Squat	Pull-Aparts Face-Pulls TRX Y-T-W-I Drills Bat Wings	March w/ load to: <ul style="list-style-type: none">- Head- Hands- Torso- Or combo	Standing Rolls TRX "Rainbow" TRX & KB Windmill	Hip Bridges Toe Touch Drills Touch the Wall Waiter's Bow Windmill	Pushup-Shoulder Tap Dive-bomber Pushup OS Pushup Rolling Pushup
TIE THE X	Bear-Hug Carry Split Stance Squat TRX Pistols Step-Ups Lunges in multiple planes	1-Arm Row (2 & 1 leg stance) Renegade Rows	Asymmetric Carries: <ul style="list-style-type: none">- Suitcase-Bottoms Up-Racked-OH Waiter's Walk-Shouldering	Turkish Getups Sandbag Getups Sledge Hammer	Bottoms-Up Carry Horn/Goblet Carry Suitcase Deadlift Single-leg Deadlift	Standing One-Arm Press with any tool See-Saw Press Landmine Press
BUILD	Leg Press Machine Squat Back Squat Front Squat Zercher Squat	Row Pulldown Pull-up/Chin-up Chest Supported Rows Bent-Over Rows	Sled Push Sled Drag Wheelbarrow Walk Carries: <ul style="list-style-type: none">-Crucifix-Overhead-Rack-Farmer's	Jammer Rotations Cable Chops and Lifts Landmine Twists	45° Back Extension Reverse Hypers Glute-Ham Raise Hip Thrust Romanian Deadlifts Regular Deadlifts	Shoulder Press Incline Press Bench Press Decline Press
PERFORM	Squat Thrust Jump Squat	Prone Row TRX Speed Row	Skips and Bounds Hill Sprints Sprints Sled	Med Ball Side Throw Sledge Hammer	Jumps Throws Clean and Snatch	Explosive Pushup Bench press Push Press Push Jerk