

Running Chart				
Exercise	Alignment	Stability	Strength	Power
Broad Jump	Wide Leg Forward Flexion	Full Extension with the cable	Control Broad Jump	Resisted
Dead Lift	Forward Flexion	1 KB 2 Hands Deadlift	2 KB Deadlift	4 KB Deadlift
Leg Curl	Supine Bridge	1" off ground	6" off ground	6" Lift leg curl and plyo curl
Leg Curl alternating	Supine Bridge Alternating	Alternating legs	alternate leg curl	1 leg curl
Running	Supine Bridge alternating, standing mountain	motion with arms coordination, in place	forward movement	resisted
Jumping Chart				
Exercise	Alignment	Stability	Strength	Power
Squat	Wide Leg Forward Flexion	Squat	Resisted (weight)	Resisted (Power)
Step-up	Front Warrior	Step-up	High Box Step up	High box with wt Plyo jump to resisted plyo jump
Jump	Wide Leg Forward Flexion to Chair	Squat to tip toes	Control jump	Control jump
1 and 2 Step Approach	Wide Leg Forward Flexion to Chair	1 and 2 step approach to "jump ready" position	1 and 2 step approach jump	Resisted
Lateral Jump	Chair Pose	Stepping laterally	Lateral Control Jump	Plyo Lateral jumps
Climbing Vertical Chart (Pulling)				
Exercise	Alignment	Stability	Strength	Power
Chin up	Supine Bridge	60 and 90 degree assisted chin-up	Chin-up	Resisted Chin-ups
Rope Climb	Supine Bridge	Self Arrest	Rope Climb	No legs and speed
Rope Drag	Supine Bridge	Kettlebell 80kgs	KB 120kgs	KB 160kgs or more
Climbing Horizontal Chart (Pulling)				
Exercise	Alignment	Stability	Strength	Power
Body Row	Supine Bridge	60 and 90 degree body row	90 degree body row	No legs body row
Renegade Row	Wide Leg Forward Flexion to Incline Plane	Bent Over Row and Alternate Bent Over Row	Shortened Renegade Row	Renegade Row
Crawling Vertical Chart (Pushing)				
Exercise	Alignment	Stability	Strength	Power
Push-up	Kneeling Table and Incline Plane	Knee Push-up to Halfsey Push-up	Regular Push-up to resisted push-up	Power Wheel Plyo Push-up and Resisted Plyo
Alligator Push-up	Incline Plane	Knee Alligator Push up	Alligator Push-up and Resisted push-up	Plyo Alligator
1 arm-push-up	Kneeling Table'	1 Arm Knee Push-up on both knees	1 Arm Push-up on one knee	1 Arm 1 Leg Push-up with both legs straight
Crawling Horizontal (Pushing)				
Exercise	Alignment	Stability	Strength	Power
Down Dog Push-up	Down Dog	Down Dog Push-up	Hindu	Divebomber
Handstand Walking	Incline Plane, Down Dog, Handstand	Lateral Floor Walk to Feed Held in Incline Plane to Feet Held in Down Dog	Cartwheel, 1 Leg Kick up, 2 Leg Kick up, Face Wall Walk to Lateral Handstand Walk	Face Floor Walk to Free Handstand Walking (speed or resisted)
Military Press and Push Press	Incline Plane	Cable Military Press to 1 Arm MP and PP	1 Arm to Double Military and Push Press	1 Arm to Double Military Push Press
Jerk and Split Jerk	Front Warrior	Jerk and Split Skill	1 Arm Jerk and 1 Arm Split Jerk	2 Arm Jerk and 2 Arm Split Jerk