

General Warm-Up Flows

COMPTRAIN | GYM

Coaching Mastery List

General Warm-Up Flows

Hip & Squat Prep – No Equipment

1:00 Box Step Ups
0:30 Elevated Pigeon (on box) (right)
0:30 Elevated Pigeon (on box) (left)
0:30 Squat Hold
0:30 Scorpions
0:30 Spidermans
0:30 Glute Bridges

Shoulder & Pull Prep – Row & Hanging Bar

2:00 Easy Row
0:30 Downward Dog + Foot Pedal
0:30 Child's Pose
0:30 Mountain Climbers
0:20 Dead Hang
0:20 Supinated Dead Hang
0:20 Active Hang

Full-Body Dynamic Prep – No Equipment

200m Jog
0:30 Calf Stretch (right)
0:30 Calf Stretch (left)
0:30 Alternating Quad Pulls

0:30 Alternating Knuckle Draggers
0:30 Leg Swings (front to back)
0:30 Big Arm Circles
0:30 Inchworm + Push Ups

Hip & Hamstring Prep – No Equipment

0:30 Couch Stretch (right)
0:30 Couch Stretch (left)
0:30 Pigeon (right)
0:30 Pigeon (left)
0:30 Downward + Upward Dogs
0:30 Worlds Greatest (right)
0:30 Worlds Greatest (left)
0:30 Bootstraps
0:30 Bodyweight Goodmornings

Dumbbell Warm-Up – Dumbbells

0:30 Pec Stretch (right)
0:30 Pec Stretch (left)
0:30 Alternating Worlds Greatest
0:30 Alternating Reverse Lunges
10 Double Dumbbell Deadlifts
10 Push Ups
10 Suitcase Dumbbell Reverse Lunges
10 Double Dumbbell Floor Press

Hip & Core Mobility – No Equipment

2 Rounds of :30 each
Down Dog to Up Dog
Spiderman and Reach
Samson Stretch (Right)
Samson Stretch (Left)
Down Dog with Foot Pedal

Full-Body Activation – No Equipment

0:30 Quad Pulls
0:30 Knuckle Draggers
0:30 Arm Circles

0:30 Arm Wraps
0:30 Spidermans
0:30 Downward Dog
0:30 Scorpions
0:30 Push Ups

Toes-to-Bar & Plyometric Prep – Hanging Bar

0:20 Jumping Jacks
0:20 Upward Dog Press Ups
0:20 Hollow Hold
0:20 Pogo Hops
0:20 Active Hang
0:20 Strict Knee Raise
0:20 Short Broad Jumps
0:20 Kip Swings
0:20 Kipping Knee Raises
0:20 Full Broad Jumps

Squat & Core Prep – Row & Bodyweight

1:30 Easy Row
0:30 Couch Stretch (right)
0:30 Couch Stretch (left)
0:30 90/90 Hip Rotations
0:30 Glute Bridges
0:30 Alternating Bird Dogs
0:30 Air Squats

Full-Body with Medball – Medball

0:30 Big Arm Circles
0:30 Prone Snow Angels
0:30 Scorpions
0:30 Medball Ground to Overhead
0:30 Inchworms
0:30 Mountain Climbers

Lower Body & Posterior Chain – Bike

3:00 Bike
0:30 Quad Pulls

0:30 Knuckle Draggers
0:30 Downward + Upward Dogs
0:30 Spiderman Stretch
0:30 Calf Raises

Shoulder & Thoracic Prep – Light Band

0:30 Pec Stretch (right)
0:30 Pec Stretch (left)
0:30 Band Pass Throughs
0:30 Band Around the Worlds
0:30 Band Pull Aparts
0:30 Spiderman Stretch
0:30 Bodyweight Goodmornings
0:30 Squat Jumps

Full-Body Flow – No Equipment

2 Rounds of :30 each
Down Dog to Up Dog
Spiderman and Reach
Samson Stretch (Right)
Samson Stretch (Left)
Down Dog with Foot Pedal
Quad Pulls

Core & Full-Body Prep – Row & Bodyweight

1:30 Easy Row
0:30 Downward Dog with Foot Pedal
0:30 Samson Stretch (right)
0:30 Samson Stretch (left)
0:30 Cat-Cow Flow
0:30 Glute Bridges
0:30 Hollow Hold
0:30 Alternating Deadbugs
0:30 Russian Twists (bodyweight)
0:30 V-Ups

Full-Body Prep – Row & Bodyweight

200m Jog

0:30 Downward Dog with Foot Pedal

0:30 Spiderman Stretch (right)

0:30 Spiderman Stretch (left)

0:30 Scorpions

0:30 Glute Bridges

0:30 Air Squats

0:30 Inchworm + Push-up

0:30 Jumping Jacks

Full-Body Prep – Bike & Bodyweight

2:00 Easy Bike

0:30 Downward Dog + Foot Pedal

0:30 World's Greatest Stretch (alternating)

0:30 Scorpions

0:30 Bootstraps

0:30 Air Squats

0:30 Inchworm + Push-up

0:30 Burpees

Core & Jump – Row

1:00 Easy Row

0:30 Cat-Cow Flow

0:30 Lateral Lunge + Reach (alternating)

0:30 Cossack Squats

0:30 Plank Shoulder Taps

0:30 Calf Raises (off a plate or box)

0:30 Broad Jump to Step Back

0:30 Skipping in Place (A-skips or pogo skips)

Hip & Shoulder Mobility – No Equipment

0:30 Calf Stretch (right)

0:30 Calf Stretch (left)

0:30 Pigeon (right)
0:30 Pigeon (left)
0:30 Alternating Spidermans
0:30 Scorpions
0:30 Downward + Upward Dogs

Lower Body & Hip Flow – No Equipment

0:30 Couch Stretch (right)
0:30 Couch Stretch (left)
0:30 Child's Pose
0:30 Glute Bridges
0:30 Scorpions
0:30 Bootstraps
0:30 Cossack Squats
0:30 Bodyweight Goodmornings
0:30 Air Squats

Shoulder & Core Activation – Band

0:30 Big Arm Circles
0:30 Crossbody Arm Swings
0:30 Downward + Upward Dogs
0:30 Inchworm + Push Up
0:30 Band Pull Aparts
0:30 Band Shoulder Press (right)
0:30 Band Shoulder Press (left)
0:30 Lying Leg Raises

Leg & Plyometric Activation – Bike & Run

2:00 Easy Bike
0:30 Calf Stretch (right)
0:30 Calf Stretch (left)
0:20 Knuckle Draggers
0:20 Quad Pulls
0:20 Side Lunges
0:20 Leg Swings (right)
0:20 Leg Swings (left)
0:20 Pogo Hops
200m Run

Jumping & Hip Prep – Box

1:30 Box Step Ups
0:30 Elevated Pigeon on Box (right)
0:30 Elevated Pigeon on Box (left)
0:30 Air Squats
5 Broad Jumps
5 Low Box Jumps
3 Box Jumps

Squat & Posterior Chain Prep – Row & Barbell

2:00 Easy Row
0:30 Banded Lat Stretch (right)
0:30 Banded Lat Stretch (left)
0:30 Ring Handcuff Stretch
0:30 Alternating Spiderman
0:20 Barbell Back Rack Goodmornings
0:20 Barbell Back Rack Elbow Rotations
0:20 Barbell Back Squats

Full-Body & Burpee Prep – No Equipment

0:30 Quad Pulls
0:30 Knuckle Draggers
0:30 Calf Raises
0:30 Bodyweight Goodmornings
0:30 Alternating Worlds Greatest
0:30 Prone Supermans
0:30 Inchworm (No Push Up)
0:30 Step Back, Step Up Burpees
0:30 Pogo Hops
5 Fast Burpees

General Full Body – No Equipment

0:30 Samson Stretch (right)
0:30 Samson Stretch (left)
0:30 Glute Bridges
0:30 Push-ups
0:30 Downward Dog
0:30 Frog Stretch
5 Fast Burpees

0:30 Russian Baby Makers

Plyo & Jumping Prep – Box

0:30 Low Box Step-Ups

0:30 Broad Jumps

0:30 Jumping Jacks

0:30 Inchworm to Active Spiderman

0:20 Upward Dog

0:20 Downward Dog

0:20 High Knees in Place

0:20 Pogo Hops

0:30 Toe Touch to Deep Squat

0:30 Medball Clean (or mimic with light object)

Posterior Chain – Band

0:30 Fire Hydrants (each side)

0:30 Glute Bridges

0:30 Hip Flexor Stretch (right)

0:30 Hip Flexor Stretch (left)

0:30 Pigeon Stretch (right)

0:30 Pigeon Stretch (left)

0:30 Good Mornings

Squat Therapy Flow – No Equipment

1:00 Wall-Facing Squat Hold

5 Slow Eccentric Air Squats (3 sec down)

0:30 Child's Pose

0:30 Corkscrew to Bottom of Squat

0:30 Prayer Stretch in Deep Squat

Posterior Chain Activation - No Equipment

0:30 Good Mornings

0:30 Fire Hydrants (right)

0:30 Fire Hydrants (left)

0:30 Glute Bridges

0:30 Hip Airplanes (each side)
10 Reverse Lunges (bodyweight)
10 Single-Leg Glute Bridges (each side)

Line Drills - Running Prep

20m High Knees
20m Butt Kicks
20m A-Skips
20m Lateral Shuffle (right)
20m Lateral Shuffle (left)
20m Karaoke (right)
20m Karaoke (left)

Double Under Prep - Jump Rope

0:30 Pogo Hops
0:30 Single Unders
0:30 Double Tap Drill
0:30 Penguin Claps
10 Double Unders
0:20 Hollow Hold
10 AbMat Sit-Ups

Burpee & Box Jump Over Prep - No Equipment

0:30 Jumping Jacks
0:30 Inchworms to Plank
0:30 Mountain Climbers
5 Step-Back Burpees
5 Fast Burpees
5 Low Box Jumps
5 Box Jump Overs

Core Activation - No Equipment

0:20 Hollow Hold
10 AbMat Sit-Ups
0:30 Glute Bridges
0:30 Dead Bug (each side)

0:30 Alternating Bird Dogs
10 V-Ups
0:30 Side Plank (each side)

Band Stretch & Shoulder Prep - Band

0:30 Banded Pec Stretch (right)
0:30 Banded Pec Stretch (left)
0:30 Band Pull Aparts
0:30 Band Pass-Throughs
0:30 Banded Lat Stretch (right)
0:30 Banded Lat Stretch (left)
10 Scapular Push-ups

Squat General Flow - PVC

0:30 PVC Overhead Squats
0:30 PVC Pass Throughs
0:30 PVC Around the Worlds
0:30 PVC Standing Lat Stretch (each side)
2 Rounds:
1:00 Rig/Rack Assisted Squat Hold
4 Alternating Quad Stretch
4 Slow Air Squats

Hip Flow - No Equipment

0:20 Alternating Reverse Lunges
0:20 Alternating Quad Stretch
0:20 Alternating Side Lunge
0:20 Air Squats
0:20 Active Samson
0:20 Active Spiderman
0:20 Glute Bridges
0:20 Push-Up to Downdog
0:20 High Plank Shoulder Taps
0:20 Frog Hops
0:20 Slow Burpees
0:20 Fast Burpees

Hip Flow - Box

0:30 Child's Pose (10s middle, 10s left, 10s right)
0:30 Active Samson
0:30 Half Kneeling Adductor Stretch (left)
0:30 Half Kneeling Adductor Stretch (right)
0:30 Slow Air Squats
0:30 Alternating Quad Stretch

Pulling Prep - PVC

0:30 Lay and Pray
0:30 Child's Pose
0:30 Half Kneeling Rocking Adductor Stretch (each side)
0:30 Bodyweight Glute Bridges
0:30 Single Leg Glute Bridges (switch sides at 0:15)
0:30 PVC Pass Throughs
0:30 PVC Around the Worlds (switch directions at 0:15)
0:30 PVC Behind the Head Strict Press
0:30 PVC Snatch Grip Deadlifts
Mobility: 1:00 PVC Standing Lat Stretch

Posterior Chain Activation - No Equipment

0:30 Glute Bridges
0:30 Plank Hold
0:30 Single Leg Glute Bridges (left)
0:30 Single Leg Glute Bridges (right)
0:30 Side Plank (left)
0:30 Side Plank (right)
0:30 Glute Bridge Hold
Mobility:
0:30 Pigeon Pose (left)
0:30 Pigeon Pose (right)
0:30 Pike Stretch
0:30 Child's Pose (hands left)
0:30 Child's Pose (hands right)

Pressing Warm-Up - Band

2 Rounds:

0:15 Band Pull Aparts
0:15 Banded Strict Press
0:15 Inchworm
0:15 Lying Chest Opener Stretch
0:15 Single Leg Glute Bridges (each side)
Hip Stretches (one side at a time):
0:20 Static Spiderman
0:20 Runner's Lunge (elbow to floor)
0:20 Half Kneeling Hamstring Stretch
0:20 Half Kneeling Adductor Stretch

Pressing Flow - Barbell

0:30 Jumping Jacks
0:30 Arm Circles Forward
0:30 Arm Circles Backward
0:30 Horizontal Arm Swings
0:30 Alternating Overhead Tricep Stretch
0:30 Knuckle Drags in Place
0:30 Alternating Quad Stretch
0:30 Active Samson
Empty Barbell Strict Press

Press & Jump Rope Warm-Up - Jump Rope

0:30 Inchworm to Push-Up
0:30 Downdog
0:30 Active Spiderman
0:30 Pigeon Pose (left)
0:30 Pigeon Pose (right)
0:30 Knuckle Drags
0:30 Alternating Quad Stretch
0:30 Arm Circles (10s back, 10s cross, 10s twist)
0:30 Jumping Jacks
0:30 Single Unders

Shoulder Prep - No Equipment

0:30 Inchworm to Push-Up
0:30 Active Spiderman

0:30 Downdog

0:30 Laying Alternating Chest Opener Stretch

0:30 Straight Arm Plank

0:30 Straight Arm Plank Shoulder Shrugs

Barbell Movements

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Coaching Mastery List

Barbell-Specific Warm-Up - Empty Barbell

- 5 Good Mornings
- 5 Elbow Rotations (back rack)
- 5 Back Squats
- 5 Strict Press
- 5 Muscle Cleans
- 5 Front Squats

Back Squat

Warm-Ups & Progressions

- Back Squat | tell, show, do, check
 - Establish stance, grip, & set-up
 - Feet shoulder width apart
 - Bar on traps with full grip on bar
 - Arms pressing into bar
 - Stomach squeezed
- General Back Squat Warm Up
 - 5 Good Mornings
 - Focus on gripping the ground with the foot throughout
 - 3 Cued back squats
 - "Squat and hold"
 - Focus on gripping the ground with the foot throughout
 - 3 Cued back squats
 - "Squat and hold"
 - Focus on an upright torso in the squat
 - Cue athletes to press up into the bar with the arms to control the load
 - Move to rack & teach sound un-rack and re-rack

- Back Squat Specific Warm Up
 - 5 Kang Squats
 - Coach: Hinge first, then drop into squat. Focus on hamstring tension and keeping heels grounded.
 - 3 Tempo Air Squats (3 sec down – 1 sec pause – fast up)
 - Coach: Cue a strong brace and slow, controlled descent.
 - 3 Pausing Back Squats with Empty Barbell (2 sec in bottom)
 - Coach: Maintain upright torso. Cue athletes to press up into the bar and stay active at the bottom.
 - 2 Cued Back Squats – “Root and Drive”
 - Coach: Press knees out, screw feet into the floor, drive up with power.
 - Move to rack & review bracing and foot placement before building
 - Coach: Teach tight unrack, step-back control, and full-body tension.

Modifications & Substitutions

- Squat to a Box or Bench
- Front Squat
- Deadlift
- Hex Bar Deadlift
- Back Rack Lunges

Front Squat

Warm-Ups & Progressions

- Front Squat | tell, show, do, check
 - Establish stance & grip
 - Shoulder-width stance
 - Hands just outside shoulders
 - Loose fingertip grip on the bar
 - Elbows high (upper arm parallel to the ground)
 - Midline is braced
 - 3 cued ¼ Squat & Hold
 - Focus on high elbows in set up and hold
 - 3 cued ¾ Squat & hold
 - Focus on hip initiated squat while maintaining high elbows
 - 3 cued Squat & hold
 - Focus on high elbows throughout the rep and in the bottom position
 - 2 Cued Squat & Hold
 - Focus on leading with the elbows as the athlete stands

- 5 Empty Barbell Front Squats
 - Look for athletes to lead with the elbows, and keep weight in the heels.
- Front Squat | tell, show, do, check
 - Establish Stance, Grip, & Posture:
 - Position your feet shoulder-width apart or slightly wider, with toes pointed slightly outward.
 - Grip the barbell with an overhand grip, elbows pointing forward and upper arms parallel to the floor.
 - Cross your arms in front of you, resting the barbell on your front deltoids and clavicles.
 - Keep your chest up, shoulders back, and core engaged to maintain an upright torso.
 - Mobility and Activation:
 - Perform dynamic stretches such as leg swings, hip circles, and ankle rotations to improve mobility in the hips, knees, and ankles.
 - Activate key muscles by performing bodyweight squats, focusing on proper form and depth.
 - Tempo Front Squats:
 - Perform 5 tempo front squats with an empty barbell:
 - Descend for 3 seconds, maintaining control and stability.
 - Hold the bottom position for 2 seconds, focusing on maintaining tension and proper posture.
 - Ascend explosively, driving through the heels and keeping the chest up.
 - Repeat for 3 sets, gradually increasing the load if necessary while maintaining proper form.

Modifications & Substitutions

- Reduce Loading
 - Reduce Reps
 - Sub Dumbbells
 - Sub Barbell
 - 2x Air Squats
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Front Rack Step Back Lunge

Warm-Ups & Progressions

- Front Rack Reverse Lunge Warm-Up | Tell, Show, Do, Check
 - 6-10 Step-Back Lunges (Bodyweight, Cued Reps)
 - Focus: Establish a 90/90 angle with the front and back leg at the bottom.
 - Cue: “Step back, find your angles.”
 - Call: “Step, hold, reset.”
 - Athletes step back into the lunge, pause for 1-2 seconds at the bottom to ensure proper angles, then return to standing.
 - 6-10 Step-Back Lunges with Controlled Finish (Bodyweight, Cued Reps)
 - Focus: Show control at the top before resetting—drive through the front heel and back toe.
 - Cue: “Drive, stabilize, reset.”
 - Call: “Step, drive, stand tall.”
 - Athletes step back into the lunge, return to the starting position only after showing full control at the top.
 - 6-10 Barbell Front Rack Step-Back Lunges (Cued Reps)
 - Focus: Maintain upright posture and stable core engagement with the barbell in the front rack position.
 - Cue: “Tall chest, steady step.”
 - Call: “Set, step, stand.”
 - With a light barbell, athletes focus on keeping the front rack secure while stepping back, pausing briefly in the lunge, then standing tall.
 - 4-6 Front Rack Reverse Lunges (Bail-Out Practice)
 - Focus: Demonstrate how to safely bail out of the lunge.
 - Cue: “Pause, drop, release.”
 - Call: “Pause, double kneel, bail forward.”
 - Athletes pause at the bottom of the lunge.
 - Drop the forward leg to a double kneeling position.
 - Safely guide the barbell forward off the shoulders to the ground.
- Front Rack Lunge Prep

- 10 Tempo Split Lunges Per Side (Knee Over Toe)
- 10 Front Rack Elbow Rotations
- 5 Tempo Front Squats
 - Focus on the front rack position here
- 10 Front Rack Reverse Lunges
 - Focus on athletes keeping elbows driving to the ceiling
- 8 Front Rack Reverse Lunges (light load)
 - Emphasize athletes driving through their front foot as they stand.

Modifications & Substitutions

- Reduce/Remove Loading
 - Reduce Distance
 - Dumbbell Suitcase Lunge
 - Single Dumbbell
 - Sub Kettlebells
 - Sub Barbell
 - Reverse Lunges
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Back Rack Step Back Lunge

Warm-Ups & Progressions

- Back Rack Reverse Lunge Warm-Up | Tell, Show, Do, Check
 - 6-10 Step-Back Lunges (Bodyweight, Cued Reps)
 - Focus: Establish a 90/90 angle with the front and back leg at the bottom.
 - Cue: “Step back, find your angles.”
 - Call: “Step, hold, reset.”
 - Athletes step back into the lunge, pause for 1-2 seconds at the bottom to ensure proper angles, then return to standing.
 - 6-10 Step-Back Lunges with Controlled Finish (Bodyweight, Cued Reps)
 - Focus: Show control at the top before resetting—drive through the front heel and back toe.
 - Cue: “Drive, stabilize, reset.”
 - Call: “Step, drive, stand tall.”
 - Athletes step back into the lunge, return to the starting position only after showing full control at the top.

- 6-10 Barbell Back Rack Step-Back Lunges (Cued Reps)
 - Focus: Maintain upright posture and stable core engagement with the barbell in the front rack position.
 - Cue: "Tall chest, steady step."
 - Call: "Set, step, stand."
 - With a light barbell, athletes focus on keeping the upper back tight while stepping back, pausing briefly in the lunge, then standing tall.
- 4-6 Front Rack Reverse Lunges (Bail-Out Practice)
 - Focus: Demonstrate how to safely bail out of the lunge.
 - Cue: "Pause, drop, release."
 - Call: "Pause, double kneel, bail forward, bar goes back."
 - Athletes pause at the bottom of the lunge.
 - Drop the forward leg to a double kneeling position.
 - Safely guide the barbell forward off the shoulders to the ground.

Modifications & Substitutions

- Front Rack
 - Sub Kettlebells or Dumbbells
 - Zercher Lunge
 - Weighted Box Step-Ups
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Deadlift

Warm-Ups & Progressions

- General Deadlift Warm Up
 - 5 Cued reps hips to above knee
 - Hips back first in the descent
 - Bar close
 - 5 Cued reps above knee to mid shin
 - Knees out of the way
 - 5 Cued reps mid shin to standing
 - Driving with the legs
 - Shoulders and hips rise together until bar passes knee
- Deadlift Specific Warm Up
 - 5 Tempo RDLs with Empty Barbell (3 sec down – fast up)

- Coach: Maintain vertical shins, feel hamstrings load, bar stays close.
- 5 Pausing Deadlifts to Mid-Shin
 - Coach: Set back tight at the start, pause just off the floor with shoulders over bar.
- 3 Cued Deadlifts – “Push, Pull, Stand”
 - Coach: Push the floor away with legs, bar travels straight, chest rises with hips.
- 3 Touch-and-Go Deadlifts (light load)
 - Coach: Control the descent, keep bar close, re-engage at each touch.

Modifications & Substitutions

- Reduce Loading
 - Reduce Reps
 - Sub Dumbbells or Kettlebells
 - Good Mornings
 - Kettlebell Sumo Deadlift
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Sumo Deadlift

Warm-Ups & Progressions

- Sumo Deadlift | Tell, Show, Do, Check
 - Establish stance, grip, & set up
 - Wide stance with feet slightly turned out (likely 2x squat stance)
 - Bar over the middle of the foot
 - Full grip on bar with hands inside legs
 - Bar in contact with shins
 - Shoulders on top of bar
 - Chest up
 - Eyes forward
 - 5 Cued Reps - Hips to Above Knee
 - Focus: Hips back first in the descent
 - Emphasize driving the hips back while keeping the chest up and bar close to the body.
 - 5 Cued Reps - Above Knee to Mid Shin
 - Focus: Knees out of the way
 - Cue athletes to pull the knees out of the way and control the bar path as it lowers to mid-shin, maintaining tension in the hips.
 - 5 Cued Reps - Mid Shin to Standing

- Focus: Driving with the legs
 - Ensure the shoulders and hips rise together, with the athlete pushing through the legs until the bar passes the knees.
- Sumo Deadlift | Tell, Show, Do, Check
 - Establish stance, grip, & set up
 - Wide stance with feet slightly turned out (likely 2x squat stance)
 - Bar over the middle of the foot
 - Full grip on bar with hands inside legs
 - Bar in contact with shins
 - Shoulders on top of bar
 - Chest up
 - Eyes forward
 - 3 Reps – Controlled Pauses at Mid-Shin
 - Emphasize bracing, engaging lats, and keeping a neutral spine throughout.
 - 3 Reps – Mid-Shin to Knees Only
 - Cue: “Push the ground away with your feet,” keeping shoulders stacked and bar close to the legs.
 - 3 Reps – Full Lift with Pause at Lockout
 - Cue athletes to stand tall without overextending the low back.
 - 3 Reps – Eccentric Control to Mid-Shin
 - Emphasize hips going back and tension in hamstrings/lats on the descent.

Modifications & Substitutions

- Sub Dumbbells/Kettlebells
- Sumo Romanian Deadlifts
- Sumo Stance Barbell Good Mornings

Hang Power Clean

Warm-Ups & Progressions

- Hang Power Clean | tell, show, do, check
 - 5 Deadlifts
 - 5 Double elbow rotations
 - 5 Dip + High pull
 - Look for elbows to be high and outside
 - 5 Muscle cleans

- Emphasize a fast transition with elbows
 - 5 High hang power cleans
 - Strong hip extension, fast under the bar
 - 5 Low hang power cleans
 - Bar should stay close the body
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Power Clean

Warm-Ups & Progressions

- Power Clean | tell, show, do, check
 - Establish stance, grip, & set-up
 - Hip-width stance
 - Hands just outside shoulders with full grip on the bar
 - Bar in contact with shins
 - Shoulders slightly over the bar
- Power Clean
 - Power Clean
 - 0:15 Good Mornings
 - 0:15 Elbow Rotations
 - 0:15 Back Squats
 - 0:15 Strict Press
 - 0:15 Deadlifts
 - 0:15 Muscle Cleans
 - 3 Power Cleans from the Pocket
 - 3 Power Cleans from Above the Knee
 - 3 Power Cleans from Mid Shin
 - neutral spine from floor to stand.
 - 3 Power Cleans (rhythm-focused)
 - cue rhythm: clean, catch, stand, breathe, return.
- Power Clean General Warm-Up
 - 5 Power Clean Dip + Drive
 - Focus: Speed through the middle
 - Emphasize quick hip extension, with the bar moving smoothly through the middle of the lift.
 - 5 Power Clean Deadlift + Shrug
 - Focus: Timing of the shrug
 - Cue athletes to finish the deadlift, then shrug with explosive timing.

- 5 Power Clean High Pull
 - Focus: Bar close to the body
 - Ensure athletes keep the bar close to their body throughout the pull, especially after the shrug.
 - 5 Power Clean Land
 - Focus: Footwork and strong front rack position
 - Emphasize quick foot movement and a solid catch in the front rack position, elbows high.
 - 5 Power Clean Drops
 - Focus: Footwork and fast elbows
 - Emphasize quick footwork into the receiving position and fast elbows through to a strong front rack.
 - 2", 4", 6" Power Clean Drops
 - Focus: Quickness under the bar
 - Athletes practice catching the bar at progressively lower positions, focusing on speed under the bar and solid positioning.
 - 3 Cued Power Cleans | Tell, Show, Do, Check
 - "Jump" - Full extension of hips and knees before pulling
 - Ensure athletes reach full extension through the hips and knees before beginning the pull under the bar.
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- Burgener Inspired
 - 5 Down and Up
 - Focus: Explosive hip extension
 - Emphasize driving the hips upward with full extension, keeping the bar close to the body.
 - 5 Elbows High and Outside
 - Focus: Bar path control
 - Cue athletes to pull the elbows high while keeping the bar close, ensuring a straight vertical pull.
 - 5 Muscle Clean
 - Focus: Turnover and full extension
 - Emphasize finishing the pull with full hip extension and smoothly turning the bar over into the rack position.
 - 5 Clean Land
 - Focus: Fast footwork and stability
 - Focus on quick movement of the feet into the receiving position while landing with control in the power position.
 - 5 Clean Drop
 - Focus: Speed under the bar

- Emphasize dropping quickly under the bar and catching it in a solid front rack position, with active shoulders and a strong base.
- 5 Hang Power Clean
 - Focus: Hip drive and coordination
 - Emphasize a powerful hip drive, transitioning quickly into a fast pull under the bar while catching in the power position.
- 5 Full Power Clean
 - Focus: Full-body explosiveness and timing
 - Cue athletes to extend fully through the hips and shoulders, then pull under the bar quickly to catch it in a strong power clean position.

Modifications & Substitutions

- Reduce Loading/Reps
 - Sub Hang Power Cleans
 - Sub Dumbbell/Kettlebell Hang Power Cleans
 - Sub Deadlifts (Light to Moderate)
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Clean & Jerk

Warm-Ups & Progressions

- Clean & Jerk | tell, show, do, check
 - Establish stance, grip, & set-up
 - Hip-width stance
 - Hands just outside shoulders with full grip on the bar
 - Bar in contact with shins
 - Shoulders slightly over the bar
- Clean & Push Jerk Warm-Up
 - 5 Clean Dip + Drive
 - Focus: Speed through the middle
 - Emphasize quick and powerful hip extension, keeping the bar close through the middle of the lift.
 - 5 Clean Deadlift + Shrug
 - Focus: Timing of the shrug
 - Cue athletes to finish the deadlift fully before shrugging with explosive timing.
 - 5 Clean High Pull
 - Focus: Bar close to the body
 - Focus on keeping the bar close to the body as the elbows pull high, ensuring a vertical path.

- 5 Push Jerk Dip + Drive
 - Focus: Explosive leg drive and timing
 - Focus on generating power from the legs while maintaining a strong connection with the bar.
 - 5 Push Jerk Land
 - Focus: Quick footwork and strong overhead position
 - Emphasize fast foot movement and a solid, stable overhead position, with the arms fully locked out.
 - 5 Push Jerk Drops
 - Focus: Speed under the bar and footwork
 - Cue athletes to drop under the bar quickly while maintaining solid footwork and balance.
 - 3 Cued Clean & Push Jerks | Tell, Show, Do, Check
 - “Jump” - Full extension of hips and knees before pushing under the bar
 - Ensure full extension before starting the pull under the bar in the clean and the drive for the jerk.
-
- Burgener Inspired
 - 5 Down and Up
 - Focus: Explosive hip extension
 - Emphasize driving the hips upward with full extension, keeping the bar close to the body during the clean portion.
 - 5 Elbows High and Outside
 - Focus: Bar path control
 - Cue athletes to pull the elbows high while keeping the bar close, ensuring a straight vertical pull through the clean phase.
 - 5 Muscle Clean
 - Focus: Turnover and full extension
 - Emphasize finishing the pull with full hip extension and smoothly turning the bar over into the front rack position.
 - 5 Clean Land
 - Focus: Fast footwork and stability
 - Focus on quick foot movement into the receiving position, landing with control in the front rack power position.
 - 5 Clean Drop
 - Focus: Speed under the bar
 - Emphasize dropping quickly under the bar and catching it in a solid front rack position, with active shoulders and a strong base.
 - 5 Push Jerk Dip + Drive
 - Focus: Explosive leg drive

- Emphasize using the legs to generate force in the dip and drive, maintaining strong connection to the bar.
- 5 Push Jerk Land
 - Focus: Fast footwork and strong overhead position
 - Focus on quick foot movement into the receiving position, landing with control and locking the bar in a strong overhead position.
- 5 Full Clean and Push Jerk
 - Focus: Full-body coordination and explosiveness
 - Cue athletes to extend fully through the hips and shoulders in the clean, and to drive explosively with the legs in the jerk while maintaining speed under the bar.

Modifications & Substitutions

- Reduce Loading
 - Reduce Reps
 - Power Clean Only
 - Push Jerk Only
 - Kettlebell Swing
-

Snatch

Warm-Ups & Progressions

- Snatch | tell, show, do, check
 - Establish stance and grip
 - Hip width stance
 - Wide grip / wide enough to perform PVC pass through with no elbow bend
 - Full grip on bar
 - Bar in contact with shins
 - Shoulders slightly over the bar
- Hang Power Snatch
 - 3 Snatch Grip Deadlifts
 - maintain a neutral spine and active shoulders.
 - 3 Hang Power Snatches from the Pocket
 - jump THEN fast elbows.
 - 3 Pausing Hang Power Snatches (0:03 in catch)
 - elbows locked out, quarter squat catch.
 - 3 Hang Power Snatches

- General Snatch Warm Up
 - 5 Snatch dip + drive
 - Focus on speed through the middle
 - 5 Snatch deadlift + shrug
 - Focus on timing of the shrug
 - 5 Snatch high pull
 - Focus on bar close
 - 5 Snatch land
 - Focus on footwork and strong OH position
 - 5 Snatch drops
 - Focus on footwork and strong OH position
 - 2", 4', 6'
 - 3 Cued Snatch | tell, show, do, check
 - "Jump" - Full extension of hips and knees before pulling

- Hang Power Snatch | tell, show, do, check
 - Establish stance, grip , & set up
 - Feet hip width apart
 - Hands wide with full grip on the bar (wide enough to do a pass through without bending elbows)
 - Bar in contact with shins
 - Shoulders slightly over the bar
 - Eyes on the horizon
 - 5 PVC snatch position 1 (hips/thigh)
 - Focus on speed through the jump
 - 5 PVC snatch position 2 (above knee)
 - Focus on speed of the pull & punch
 - Cue "land locked out"
 - 5 PVC snatch position 3 (mid shin)
 - Focus on PVC close
 - 3 snatch position 1
 - 3 snatch position 2
 - 3 snatch position 3

- Burgener Inspired
 - 5 Down and Up
 - Focus: Explosive hip extension
 - Emphasize driving the hips upward with power while keeping the bar close to the body.
 - 5 Elbows High and Outside
 - Focus: Bar path control

- Cue athletes to pull the elbows high while keeping the bar close, ensuring a vertical path.
- 5 Muscle Snatch
 - Focus: Full extension and turnover
 - Focus on extending fully through the hips and turning the bar over smoothly at the top.
- 5 Snatch Land
 - Focus: Fast footwork and stability
 - Emphasize quick movement of the feet into the receiving position, landing with control.
- 5 Snatch Drop
 - Focus: Speed under the bar
 - Focus on dropping quickly under the bar with active shoulders, catching in a stable position.
- 5 Hang Power Snatch
 - Focus: Hip drive and timing
 - Emphasize a powerful hip drive and catching the bar high with a stable base.
- 5 Full Power Snatch
 - Focus: Timing
 - Cue athletes to pull under the bar quickly after extending through the hips and shoulders, catching the bar overhead in a solid power position.

Modifications & Substitutions

- Reduce Loading
- Hang Power Snatches
- Double Dumbbell Power Snatches
- Kettlebell Swings
- Power Cleans

Bench Press

Warm-Ups & Progressions

- Bench Press + Medball Prep
 - 5 Barbell scapular retractions
 - 3 Tempo empty bar bench press
 - 3 second negative, 1 second hold, powerful press
 - Focus on maintaining position on bench
 - 3 Tempo empty bar bench press
 - Focus on “breaking the bar” throughout the rep.
 - 3 second negative, 1 second hold, powerful press

- 5 Medball Chest Press
 - 3 Medball Chest Throws
 - Bench Press General
 - Barbell scapular retractions
 - 3 Tempo empty bar bench press
 - 3 second negative, 1 second hold, powerful press
 - Focus on maintaining position on bench
 - 3 Tempo empty bar bench press
 - Focus on “breaking the bar” throughout the rep.
 - 3 second negative, 1 second hold, powerful press
 - Bench Press Specific Warm Up
 - 10 Banded Pull-Aparts or Scapular Floor Slides
 - Coach: Warm up upper back and reinforce retraction before lying on the bench.
 - 5 Deadbug Reaches
 - Coach: Maintain rib-to-hip connection and active shoulders.
 - 3 Pausing Empty Bar Bench Press
 - Coach: Hold 1 second on chest; cue “heels down, eyes up, bar path steady.”
 - 3 Tempo Bench Press (3 sec lower – fast press)
 - Coach: Bar touches the same spot each time, back stays tight on the bench.
 - 2 Cued Reps – “Brace, Row, Press”
 - Coach: Build tension before descent, row bar to chest, punch through lockout.
-

Strict Press

Warm-Ups & Progressions

- Strict Press | tell, show, do, check
 - Establish stance & grip
 - Feet hip width apart
 - Hands just outside shoulders with full grip
 - Bar in contact with shoulders
 - Elbows slightly in front in bar
-
- Strict Press General
 - 3 Strict Press w/ hold & Brace

- Focus: Check for active shoulders and bar position.
- 3 Cued strict press
 - Focus: Straight bar path
- 3 Cued strict press with Slow Descent
 - Focus: Controlled eccentric movement with straight bar path.
- 3 Cued strict press
 - Focus: Static positions and bar path

Modifications & Substitutions

- Reduce Loading
 - Sub Kettlebells or Dumbbells
 - Sub Barbell
 - Push Press
 - Push Jerk
 - Strict Handstand Push-ups
 - Overhead Hold
-

Push Press

Warm-Ups & Progressions

- Push Press | tell, show, do, check
 - 5 Behind the neck shoulder press
 - 10 Elbow rotations
 - 5 Dip + hold
 - Look for an upright chest
 - 5 Dip + drive
 - Look for an aggressive stand, squeeze the legs.
 - 5 Push Press
 - Look for the finish position, barbell over the middle of the body.
- Push Press
 - 3 Tempo Strict Press (0:05 down)
 - maintain midline, elbows break forward, head moves out of the way.
 - 3 Strict Press
 - 3 Dip to Stand
 - torso stays upright and heels stay down.
 - 3 Pausing Push Press (0:03 pause)
 - extend hips THEN press.

- 3 Push Press

Modifications & Substitutions

- Reduce Loading
 - Sub Kettlebells or Dumbbells
 - Sub Barbell
 - Kipping HSPU
-

Push Jerk

Warm-Ups & Progressions

- Push Jerk | tell, show, do, check
 - Establish stance & grip
 - Feet with hip-width apart
 - Bar on shoulders
 - Elbows slightly in front of the bar
 - Full grip on the bar
- Push Jerk General
 - 5 Dip & hold
 - Focus on upright torso
 - 5 Dip & drive
 - Focus on quick turnover from dip to drive
 - 5 Jump & land w/ hands at side
 - Focus on full extension
 - 5 Jump, Punch, & land
 - Focus on timing of jumping fully before punching the hands
 - 3 Push jerks with empty bar
 - Focus on timing of jumping fully before punching the bar overhead and landing with bar locked out

Modifications & Substitutions

- Reduce Reps/Loading
 - Sub Dumbbells/Kettlebells
 - Push-Ups
 - HSPU
-

Thruster

Warm-Ups & Progressions

- Thruster Prep

- 5-7 Front Squats (Cued Reps)
 - Focus: Upright torso and depth.
 - Cue: “Chest tall, elbows high.”
- 5-7 Push Presses (Cued Reps)
 - Focus: Timing—hips and legs extend first, then arms press.
 - Cue: “Legs drive, arms follow.”
 - Athletes dip and drive on “go,” then reset their stance and bar position between each rep to refine timing.
- 5-7 Thrusters (Cued Reps)
 - Focus: Smooth transition through squat, hip extension, and press.
 - Cue: “Squat, pop, punch.”
 - Athletes focus on driving out of the squat, fully extending at the hips, and finishing with a strong overhead press in one fluid motion.
- Thruster Prep
 - 3 Pausing Front Squats (0:03 in the bottom)
 - 3 Front Squats (no pause)
 - 3 Pausing Push Press Dips (no press)
 - upright torso, heels down.
 - 3 Push Press
 - 3 Front Squat + Push Press
 - 3 Thrusters
 - press after hips open; heels down until extension.

Modifications & Substitutions

- Reduce Loading
 - Reduce Reps
 - Thruster to Target
 - Sub Dumbbell(s)
 - Sub Front Squats
 - Sub Push Press
 - 2x Air Squats
-

Dumbbell Movements

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Coaching Mastery List

DB Front Squat

Warm-Ups & Progressions

- With Light Dumbbells
 - 5 Double DB Deadlift
 - 5 Double DB Hang Power Cleans
 - 5 Single DB Goblet Squats
 - Focus on athletes keeping the weight in the heels
 - 5 Double DB Front Squats
 - Cue athletes to keep the elbows up
 - 3 Double DB Squat Cleans
 - Look for athletes to be quick under the DBs
 - With Workout Load
 - 3 DB Deadlifts
 - 3 DB Squat Cleans
 - Look for athletes to fully extend before squatting
 - 3 DB Front Squats
 - Athletes should focus on keeping the chest high.
-

DB Goblet Squat

Warm-Ups & Progressions

- 0:30 Squat Hold
- 5 Tempo Air Squats
 - Look for proper mechanics: Height is in heels, chest is up, and natural spine.
- Demonstrate how to hold the DB in the goblet position
- 5 Tempo Goblet Squats
 - Look for athletes hit full depth in their squat

- 3 Goblet Squats
-

DB Farmers Lunge

Warm-Ups & Progressions

- 10 Bodyweight Lunges
 - Look for athletes to step back far enough to have a 90/90 degree angle in the knees
 - 4 Single DB Farmers Lunge
 - Cue athletes to keep their core tight and not lean one side or the other
 - 4 Double DB Farmers Lunge
 - Encourage athletes to drive through their front foot as they stand.
-

DB Front Rack Lunge

Warm-Ups & Progressions

- 5 DB Power Cleans
 - 10 Bodyweight Step Back Lunges
 - 4 Single DB Front Rack Lunge
 - Look at the front rack position, one head of the DB should be on the shoulder, and elbow is high.
 - 4 Double DB Front Rack Lunge
 - Cue athletes to drive the Chest up as they stand.
-

DB Goblet Lunge

Warm-Ups & Progressions

- 0:20 Goblet Hold Bracing
 - Have athletes hold a light dumbbell in the goblet position.
 - Focus on engaging the core, keeping the elbows tucked in, and avoiding excessive leaning.
- 0:20 Bodyweight Lunges
 - Perform alternating lunges without weight.
 - Emphasize keeping the chest upright, stepping far enough forward/backward for proper knee tracking, and pushing through the front foot to stand.

- Focus on a smooth transition, knee stability, and driving through the front foot.
 - 0:20 Dumbbell Goblet Lunges (Light Load)
 - Perform the movement as intended for the workout but with a lighter weight.
 - Check for proper mechanics, ensuring a stable midline, upright torso, and full range of motion before increasing to workout weight.
 - 0:20 Dumbbell Goblet Lunge (workout load)
-

DB Thruster

Warm-Ups & Progressions

- Dumbbell Flow Warm Up
 - With Light Dumbbells
 - 10 DB Deadlifts
 - 10 DB Hang Power Cleans
 - 10 DB Front Squats
 - Look for the chest to stay up, and knees track over the toes
 - 10 DB Push Press
 - Emphasize the drive from the hips to move the DBs overhead.
 - Look for a solid finish position overhead.
 - 10 DB Thrusters
 - Look for midline stability, avoid letting the DBs pull athletes forward onto the toes.
 - Dumbbell Thruster
 - 3 Pausing Front Squats (1 dumbbell, horizontal hold)
 - Coach: heels down and knees out. Stand with power!
 - 5 Dumbbell Strict Press (1 dumbbell, horizontal hold)
 - Coach: screw feet into the floor.
 - 5 Single DB Thrusters (each arm)
 - 5 Double Dumbbell Thrusters
 - Coach: head of dumbbells resting on shoulders, elbows forward, heels down.
-

DB Devil Press

Warm-Ups & Progressions

- Dumbbell Devils Press

- Light Dumbbells
 - 5 Step Back Step Up Burpee Deadlift
 - Cue athletes to step the feet outside the DBs
 - 5 DB Swings
 - Focus on a strong hip extension
 - 10 Alternating DB Snatch
 - Look for athletes to keep the DB close to the body
 - 6 DB Devils Press
 - With Workout Dumbbells
 - 4 DB Devils Press
 - Look for athletes to use the hips to move the DBs to the overhead position
 - Dumbbell Thruster
 - 5 Single Dumbbell Strict Press (horizontal hold)
 - 5 Double Dumbbell Deadlifts
 - 3 Double Dumbbell Cleans
 - 1 Double Dumbbell Clean and Jerk
 - 5 Double Dumbbell Frog Hop to Swing
 - 4 Single Dumbbell Devil's Presses (2 each side)
 - 2 Double Dumbbell Devil's Presses
-

DB Single Arm Devil Press

Warm-Ups & Progressions

- With Light Dumbbells
 - 5 Step Back Step Up Burpee Deadlift
 - Cue athletes to step the feet outside the DBs
 - 5 DB Swings
 - Focus on a strong hip extension
 - 10 Alternating DB Snatch
 - Look for athletes to keep the DB close to the body
 - 6 Alternating Single DB Devils Press
 - With Workout Dumbbells
 - 4 Single DB Devils Press
 - Look for athletes to use the hips to move the DBs to the overhead position
-

Dumbbell Push Press

Warm-Ups & Progressions

- Dumbbell Push Press Specific Warm-Up
 - 10 Crush Grip Dumbbell Strict Press
 - Cue athletes to squeeze their core and legs as they press.
 - 0:20 Single Arm DB Overhead Hold (right)
 - Look for the bicep to be beside the ear, and arm fully locked out at the top.
 - 0:20 Single Arm DB Overhead Hold (left)
 - Look for the bicep to be beside the ear, and arm fully locked out at the top.
 - 5 Single Arm Push Press (each side)
 - Look for a strong dip and drive
 - 3 Double DB Push Press
 - Look for athletes to keep chest up in the dip, and finish with a strong overhead position.

Single Arm DB Snatch

Warm-Ups & Progressions

- Dumbbell Snatch Warm Up | tell, show, do, check
 - 0:20 Alternating Single DB Deadlift (Light Load)
 - Look for athletes to drop their hips throughout reps.
 - 0:20 Alternating Single DB Deadlift + High Pull (Light Load)
 - Emphasize athletes to fully extend the hips before pulling the DB.
 - 0:20 Single DB Push Press (Each Arm) (Light Load)
 - Look for the finish position: DB stacked over the body, bicep by the ear.
 - 0:20 Alternating DB Hang Snatch (Light Load)
 - Again, emphasize the hips extending first.
 - 0:20 Alternating DB Snatch (Light Load)
 - Again, emphasize the hips extending first.
 - 0:20 Alternating DB Snatch (Workout Load)
- Dumbbell Snatch Warm Up
 - 10 Alternating Dumbbell Deadlifts
 - 10 Alternating Dumbbell Deadlift to Shrug
 - 10 Single Dumbbell Strict Press
 - 10 Alternating Dumbbell Swings
 - 10 Alternating Dumbbell Snatches

- Dumbbell Snatch Warm Up
 - 10 Alternating Dumbbell Deadlifts
 - 10 Dumbbell Swings
 - 5 Dumbbell Push Press Each Arm
 - 6 Alternating Dumbbell Snatches

 - Dumbbell Snatch Warm Up
 - 10 Alternating Deadlifts
 - 5 Dumbbell Swings (each side)
 - 5 Push Press (each side)
 - 4 Pausing Power Snatches (0:03 pause in the catch)
 - 4 Alternating Dumbbell Deadlifts
 - 4 Dumbbell Swings (each side)
 - 4 Push Jerks (each side)
 - 2 Power Snatches
-

DB Clean & Jerk

Warm-Ups & Progressions

- 0:20 Push Press with Light Dumbbells
 - Press with full lockout overhead, avoiding arching the back.
 - Emphasize a straight path and active shoulders.
 - 0:20 Push Jerks
 - Drive hard with the hips before pressing
 - Emphasize a strong catch position overhead
 - 0:20 Hang Power Clean with Light Dumbbells
 - Focus on a strong hip drive and fast elbow turnover.
 - Reinforce keeping the dumbbells close to the body.
 - 0:20 Double Dumbbell Clean & Jerk (Light Load)
 - Put the movement together with light weight, ensuring proper sequencing:
 - Hip extension first (clean)
 - Strong front rack position
 - Dip & drive through the legs (jerk)
 - Stable overhead lockout
 - Check mechanics before increasing to workout weight.
-

Single Arm DB Clean & Jerk

Warm-Ups & Progressions

- 5 Push Press with Light Dumbbells (each arm)
 - Press with full lockout overhead, avoiding arching the back.
 - Emphasize a straight path and active shoulders.
 - 5 Push Jerks (each arm)
 - Drive hard with the hips before pressing
 - Emphasize a strong catch position overhead
 - 5 Power Clean with Light Dumbbells (each arm)
 - Focus on a strong hip drive and fast elbow turnover.
 - Reinforce keeping the dumbbells close to the body.
 - 5 Dumbbell Clean & Jerk (Light Load)
 - Put the movement together with light weight, ensuring proper sequencing:
 - Hip extension first (clean)
 - Strong front rack position
 - Dip & drive through the legs (jerk)
 - Stable overhead lockout
 - Check mechanics before increasing your workout weight.
-

Double DB Box Steps

Warm-Ups & Progressions

- 0:30 Bodyweight Step Ups
 - Athletes should have their whole foot on the box and drive through the front foot until fully extended.
 - 0:20 Dumbbell Deadlifts
 - Cue athletes to keep a neutral spine
 - 0:20 Single DB Box Step Ups
 - Cue athletes to keep the chest up and not let the DB pull their chest down.
 - 0:20 Double DB Box Step Ups
 - Remind athletes to drive through the front foot to extend all the way.
 - Look for athletes that cannot control their chest falling, and encourage them to drive the shoulders to the ceiling.
-

Single DB Box Steps

Warm-Ups & Progressions

- 0:30 Bodyweight Step Ups
 - Athletes should have whole foot on the box and drive through front foot until fully extended
 - Demonstrate how athletes can hold the DB
 - Goblet position
 - Farmers position
 - On a shoulder
 - On the back
 - 0:30 DB Box Step Ups
 - Allow athletes to try different positions holding the DB
 - Focus on athletes fully extending with one leg, and keeping the chest up.
-

DB Devil Step Up

Warm-Ups & Progressions

- 0:20 DB Box Step Up
 - Focus on athletes leading with the chest as they stand.
 - 0:20 Burpee Deadlift
 - Athletes can keep the DBs between the legs
 - 0:20 DB Power Cleans
 - Focus on power of the hips as they pull the DBs
 - 0:20 DB Push Press
 - Look for a Strong lockout overhead
 - 0:20 DB Snatch
 - Emphasize athletes to explode with the hips as they move to overhead.
 - 0:20 Single Arm Devils Press (each side)
 - Encourage athletes to step up from the burpee
 - 0:20 Single arm Devils Press Step Up (each side)
 - Demo to athletes how to smoothly lower the DBs from overhead to the hand position before stepping up.
 - Let athletes focus on the flow and try to get comfortable before adding both DBs.
 - 0:20 Double DB Devils Press Step Up
 - Focus on flow of movement, help athletes find ways to be efficient.
-

DB Burpee

Warm-Ups & Progressions

- 3 Step Back, Step Up Burpees
 - Cue athletes to step their foot up flat
 - 3 Jump back, Step Up Burpees
 - Look for athletes to be quick off the floor
 - 3 DB Deadlifts
 - Athletes should drop the hips like a normal deadlift, and avoid over hinging
 - 3 Step back, step up burpee deadlifts
 - Encourage athletes to be quick off the floor, and drive through their legs when they stand
-

Double DB Devil Clean

Warm-Ups & Progressions

- With light Dumbbells
 - 3 Burpee Deadlifts
 - DBs should be between the legs
 - 3 DB Hang Power Cleans
 - Bring the DBs from in between the legs
 - 3 DB Front Squats
 - Look for athletes to have an upright torso
 - 3 DB Hang Squat Cleans
 - DBs come from in between the legs
 - Look for athletes to have fast elbows and an upright torso
 - 3 Burpee Squat Cleans
-

Single DB Devil Clean

Warm-Ups & Progressions

- With light Dumbbell
 - 3 Burpee Deadlifts (each side)
 - DBs should be between the legs
 - 3 DB Hang Power Cleans
 - Bring the DBs from in between the legs
 - 3 DB Front Squats (each side)
 - Look for athletes to have an upright torso
 - 3 DB Hang Squat Cleans (each side)

- DBs come from in between the legs
 - Look for athletes to have fast elbows and an upright torso
 - 3 Burpee Squat Cleans (each side)
-

Farmers Carry

Warm-Ups & Progressions

- Farmers Carry Warm-Up | Tell, Show, Do, Check
 - 0:20 Plank Scapular Retractions
 - Scapular Retractions: With arms extended in front, focus on pulling the shoulder blades back (squeezing them together) and then releasing.
 - 0:20 Plank Shoulder Taps
 - This helps activate the core and stabilize the shoulders, key for maintaining posture during carries.
 - 0:20 Single-Arm Suitcase Carry (Light Load)
 - Have athletes pick up a light weight in one hand and walk 10–15 meters (or in place if space is limited).
 - Encourage them to stand tall, roll the shoulders back, and brace the core to avoid leaning to one side.
 - 0:20 Double Dumbbell (or Kettlebell) Light Farmer's Carry
 - Watch for athletes maintaining upright posture, a tight core, and stable, steady steps.
 - 0:20 Farmer's Carry (Workout Load)
 - Move to the load intended for the workout.
 - Ensure athletes keep their eyes forward, shoulders back, and arms relaxed (not shrugging). Emphasize even weight distribution and deliberate foot placement.
 - Farmers Carry Warm-Up | Tell, Show, Do, Check
 - 5 Suitcase Deadlifts (each side)
 - 5 Double Dumbbell Deadlifts
 - 0:20 Double Dumbbell Hold
 - 40 Meter Farmers Carry
 - Coach: cue tall posture and engaged core during carry.
-

DB Hang Squat Clean

Warm-Ups & Progressions

- Dumbbell Hang Squat Clean
 - With Light Dumbbell 0:20 Each
 - Alternating DB Deadlift
 - Alternating DB Hang Power Clean
 - Emphasize a strong hip extension before their pull under the DB.
 - DB Front Squat (right)
 - Look for athletes to stand with the chest.
 - DB Front Squat (left)
 - Look for athletes to stand with the chest.
 - Alternating DB Hang Power Clean
 - We want athletes to fully extend in each pull before catching in their front squat.
 - With Workout Load:
 - Alternating DB Hang Power Clean
-

DB Bench Press

Warm-Ups & Progressions

- 10 Push-Ups
 - With light Dumbbell
 - 5 Crush Grip Bench Press
 - 5 Single Arm DB Bench Press (each arm)
 - Look for athletes to keep a stable midline as they bench.
 - 5 DB Bench Press
 - Focus on athletes keeping control of the DB, and reaching full range of motion.
 - With Workout Weight
 - 3 Tempo DB Bench Press
 - 3 Seconds Down
 - 3 Dumbbell Bench Press
-

WallBall

Warm-Ups & Progressions

- 0:20 Med Ball Squats

- Coach: full squat depth.
 - 0:20 Med Ball Thrusters
 - 5 Wall Balls
 - Coach: full depth, breathe at the top.
 - 0:15 Slow Squats to Med Ball
 - 0:15 Med Ball Cleans
 - 0:15 Med Ball Push Press
 - 0:15 Med Ball Thrusters
 - 5 Med Ball Squat Cleans
 - 5 Low Wall Balls
 - 5 Workout Height Wall Balls
-

Kettlebell Swing

Warm-Ups & Progressions

KB Swing Prep | tell, show, do, check

- :20 Alternating Single Leg Deadlifts
 - Focus on hinging at the hips while maintaining a flat back.
- :20 Kettlebell Deadlifts
 - Focus on hip hinge movement and driving through the heels to stand tall, keeping the kettlebell close to the body.
- :20 KB Hip Hinge & Pop
 - Focus on violent hip extension, driving the hips forward forcefully to propel the kettlebell upwards.
- :20 KB Russian Swings
 - Focus on generating power from the hips, allowing the kettlebell to swing to chest level while maintaining a tight core and straight arms.
- :20 KB American Swings
 - Focus on locked-out elbows and the bottom of the kettlebell facing the ceiling.

KB Swing Specific Warm-Up

- :20 Glute Bridge (arms by sides, hips up, tap floor with glutes)
 - Coach: Drive through heels, squeeze glutes at top, core stays braced.
- :20 Banded Good Mornings or KB Good Mornings
 - Coach: Soft knees, hinge at the hips, feel hamstrings stretch, neutral spine throughout.
- :20 KB Deadlift to Shrug
 - Coach: Stand tall with speed and shrug shoulders at the top—no arm pull.

- :20 KB Russian Swings
 - Coach: Fast hips, tight core, kettlebell floats—don't lift with arms.
- :20 KB Swing + Pause Overhead (American)
 - Coach: Pause at top, elbows locked, ribcage down, bell bottom to ceiling.

Bodyweight Movements

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Coaching Mastery List

Push Up

Warm-Ups & Progressions

- Push-Up Warm-Up
 - 0:20 Scapular Push-Ups
 - Athletes should focus on engaging the shoulder blades by squeezing them together and then pushing them apart.
 - 0:20 Knee Hand-Release Push-Ups
 - Watch for elbows staying at a 45-degree angle, a controlled descent, and hands releasing from the floor at the bottom.
 - 0:20 Tempo Hand-Release Push-Ups (3-Second Descent)
 - Encourage athletes to lower slowly for three seconds, bringing the chest to the floor while keeping a strong core.
 - 0:20 Standard Hand-Release Push-Ups
 - Look for athletes to maintain a neutral spine, release hands at the bottom, and drive up with elbows tracking back.
-

Hand-Release Push Up

Warm-Ups & Progressions

- Hand-Release Push-Up Warm-Up | Tell, Show, Do, Check
 - 0:20 Scapular Push-Ups
 - Athletes should focus on engaging the shoulder blades by squeezing them together and then pushing them apart.
 - 0:20 Knee Hand-Release Push-Ups
 - Watch for elbows staying at a 45-degree angle, a controlled descent, and hands releasing from the floor at the bottom.

- 0:20 Tempo Hand-Release Push-Ups (3-Second Descent)
 - Encourage athletes to lower slowly for three seconds, bringing the chest to the floor while keeping a strong core.
 - 0:20 Standard Hand-Release Push-Ups
 - Look for athletes to maintain a neutral spine, release hands at the bottom, and drive up with elbows tracking back.
-

Burpee

Warm-Ups & Progressions

- 3 Step Back, Step Up Burpee
 - Cue athletes to step up flat footed
 - 3 Jump back, Step Up Burpee
 - Look for athletes to be quick off the floor
 - 3 Step back, Jump Up Burpee
 - Athletes should jump the feet right outside the feet, landing flat.
 - 3 Jump back, Jump Up Burpee
 - Cue athletes to be quick off the floor, and slow down the rate they take the hands back to the floor if needed.
-

Burpee Box Jump

Warm-Ups & Progressions

- Burpee Box Jump Specific
 - 0:20 Box Step Ups
 - 0:20 Step back, Step Up Burpees
 - 0:20 Burpee + Air Squat
 - 0:20 Box Jumps
 - 0:20 Jump back, step up burpee + Box Jump
 - Encourage athletes this is the most efficient way to come up, so they can set their feet in their jump stance

Warm-Ups & Progressions

- Burpee Box Jump Specific
 - 5 Low Height Box Jumps
 - 5 Burpees
 - 3 Low Height Burpee Box Jumps
 - 5 Workout Height Box Jumps

- 5 Burpees
 - 3 Workout Height Burpee Box Jumps
-

Burpee Over Object - Bar/Rower/Line

Warm-Ups & Progressions

- Burpee Over ...
 - 0:20 Jump Over Object
 - Demo to athletes how to jump with the outside foot leading
 - 0:20 Burpees
 - Use the step up method
 - 0:20 Burpee over object
 - Encourage athletes to stay low, as there is no standard to fully extend at the top
 - Burpee Over ...
 - 10 Burpee to Spiderman
 - 5 Frog Hop to Squat
 - 5 Slow Burpees
 - 5 Bar Facing Burpees
 - Burpee Over ...
 - 0:15 Frog Hops
 - 0:15 Straight Arm Burpees
 - 0:15 Slow Burpees
 - 4 Bar-Facing Burpees
 - Burpee Over ...
 - 3 Bar-Facing Burpees (step over)
 - 3 Bar-Facing Burpees (step up and jump over)
 - 3 Bar-Facing Burpees (jump up and jump over)
-

Burpee Pull-Up

Warm-Ups & Progressions

- Burpee Pull Up | tell, show, do, check
 - :10 Dead hang
 - :10 Scap pull ups
 - :10 Kips

- Focus on a shallow, controlled, tight kip
 - 2x :10 Kip swings
 - Focus on the swing being controlled by the shoulders/lats
 - 5 Jumping negative pull ups
 - Sub ring rows if needed
 - Demonstrate efficient burpee pull up
 - Jump to kipping option
 - Jump into strict pull up option
 - 3 Workout reps
 - Burpee Pull Up
 - 3 Frog Hops
 - 3 Burpee to Target
 - 3 Burpee Pull-ups
 - Burpee Pull Up
 - 0:15 Active Spiderman
 - 0:15 Frog Hops
 - 0:15 Burpees
 - 10 Scap Retractions
 - 3 Strict Pull-ups
 - 2 Burpee Pull-ups
 - Burpee Pull Up
 - 5 Frog Hops
 - 5 No Push-Up Burpees
 - 5 Burpees
 - 5 Jumping Pull-Ups
 - 5 Burpee Pull-Ups
-

Sit Up

Warm-Ups & Progressions

- Sit-Up Specific
 - 3 x 0:10 Hollow Hold
 - 0:20 Crunches
 - 0:20 Straight leg Sit Ups
 - 0:20 Butterfly Sit Ups
 - Look for athletes to fully open their abdomen in the bottom of the sit-up so that we fully stretch those muscles before engaging them for the sit up.

- Sit-Up Specific
 - 5 Slow AbMat Sit-ups
 - 3 AbMat Sit-ups
 - 0:30 Hollow Hold
 - 5 V-Ups
 - 0.5 AbMat Sit-Up (lay back over the ab mat)
 - 5 AbMat Sit-Ups
-

V-Up

Warm-Ups & Progressions

- 3 x 0:10 Hollow Hold
 - 0:20 Lying Leg Raises
 - 0:20 Single Leg V-Ups
 - Look for athletes to meet in the middle when touching the foot
 - 0:20 Double Leg V-Ups
 - Help athletes find a rhythm here, they should make contact in the middle where shoulder blades are off the ground.
-

Strict Pull Up

Warm-Ups & Progressions

- Strict Pull-Ups
 - 0:20 Dead Hang on Pull-up Bar
 - 8 Slow Scap Retractions
 - Have athletes focus on keeping their head in between their arms.
 - 3 Slow Pull-up Negatives (0:03-0:05 Lower)
 - Focus on elbow position, elbows slightly in front of the body.
 - 3 Strict Pull-ups
 - Look that athletes are getting full range of motion throughout their reps.
 - 3 Light Weight Strict Pull-Ups (or heavy banded)
 - 2 Moderate Weight Strict Pull-Ups (or moderately banded)
 - Build To Starting Weight
-

Pull Up (chin or chest-to-bar)

Warm-Ups & Progressions

- Pull ups | tell, show, do, check
 - :10 Deadhang
 - :10 Scap pull ups
 - :10 Kips
 - Focus on a shallow, controlled, tight kip
 - 2x :10 Kip swings
 - Focus on the swing being controlled by the shoulders/lats
 - 5 Jumping negative pull ups
 - Sub ring rows if needed
 - 3 Pull ups or workout mod
-

Toes To Bar

Warm-Ups & Progressions

- TTB | tell, show, do, check
 - :10 dead hang
 - :10 scap pull ups
 - 5 Jump to hollow
 - 5 Jump to hollow and arch
 - 5 Press away kip swings
 - 5 Hanging knee tuck
 - 5 Full TTB or modification
 - Toes-to-Bar Prep
 - 0:20 Dead Hang
 - 0:20 Active Hang
 - 0:20 Kip Swings
 - 0:20 Kipping Knee Raises
 - 0:20 Arch Hold
 - 0:20 Toes-to-Bar Practice (scaled or RX)- 0:20 Hollow Hold
-

Box Jump

Warm-Ups & Progressions

- Box Jump Prep
 - 15 Pogo Hops [Each Leg]
 - 10 Box Step-Downs (tempo on the way down)
 - 10 Jumps to Short Box & Step Down
 - 4 Jumps to Workout Height & Step Down
 - Box Jump Prep
 - 0:30 Jumping Jacks
 - 0:30 Box Step-Ups
 - 0:30 Alternating Quad Stretch
 - 0:30 Calf Stretch on Box (L/R)
 - 0:30 Bunny Hops
 - 5 Box Jump Up Step Downs
 - 3 Box Jumps (Workout Height)
-

Lunge

Warm-Ups & Progressions

- 0:30 Reverse Lunge With Reach
 - Have athletes push the hips forward to stretch the hip flexor
 - 0:30 Cossak Squats
 - Cue athletes to sit back and get as low as they can
 - 0:30 Reverse Lunges
 - Look for the 90/90 degree angle in the bottom
 - Athletes should focus on driving through the front heel
-

Air Squat

Warm-Ups & Progressions

- Air Squat Specific
 - Grab a light plate
 - Hold the plate out straight
 - 3 Tempo Squats
 - Hold the plate right above the face
 - 3 Tempo Squats
 - Hold the plate as high as possible
 - 3 Tempo Squats

- Without the plate
 - 10 Air Squats
 - Look for athletes to keep the back straight as they did holding the plate, while hitting depth and keeping the heels down.
- Air Squat Specific
- 3 Pausing Air Squats (0:05 hold in the bottom)
- 3 Eccentric Air Squats (0:05 tempo on the way down)
- 5 Air Squats

Rope Climb

Warm-Ups & Progressions

- Rope | tell, show, do, check
 - 4 Reps ring rows
 - 2 Reps stand to stand
 - 4 Reps jumping rope pull ups
 - 4 Reps jumping rope pull up with knee tuck
 - 5 rep Reach
 - Standing to reach and grasp
 - 5 rep Tuck
 - Grasp and tuck knees to chest
 - 5 rep Clamp
 - Grasp, tuck knees, clamp feet
 - 5 rep Stand
 - Grasp, tuck knees, camp feet, stand tall
 - 2 Reps workout movement
- Rope
 - 0:10 Dead Hang on Pull-Up Bar
 - 10 Scap Retractions
 - 10 Mini Kip Swings
 - 1-3 Strict Pull-Ups
 - 3 Strict Knee to Chest
 - [3:00] Foot Clamp Technique on Boxes
 - 1 Jump Up to Rope + Foot Clamp
 - 1 Half Rope Climb

- 1 Full Rope Climb
 - emphasize foot clamp technique and body control.

Monostructural Movements

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Coaching Mastery List

Row - Concept 2

Warm-Ups & Progressions

- Row | tell, show, do, check
 - Establish catch and finish positions
 - Catch with flat back, heels down, and vertical shins.
 - Finish with the handle at sternum and slightly open hips
 - Explain SPM and 500m split and tell athletes where to look on the screen
 - :20 @ SPM of 32-35
 - Focus on 500m/split
 - :20 @ SPM of 27-30
 - Maintain same 500m/split
 - :20 @ SPM of 23-26
 - Maintain same 500m/split
 - Help athletes understand that this is the most efficient way to complete the row today
-

Bike - Concept 2

Warm-Ups & Progressions

- 0:30 Easy Pace Bike
- 0:30 Push-Up to Downdog
- 0:30 Moderate Pace Bike
- 0:30 Active Samson
- 0:30 Fast Pace Bike
- 0:30 Standing Straddle Stretch

Warm-Ups & Progressions

- 1:00 Bike
 - 0:40 Workout Pace Bike
 - 0:20 Recovery Pace Bike
 - 0:40 Workout Pace Bike
 - 0:20 Recovery Pace Bike
-

Bike - Echo/Assault/Fan

Warm-Ups & Progressions

- 0:20 Arms Only
 - Cue athletes to push the handles away
 - 0:20 Legs Only
 - Cue light feet + Pulling the pedals
 - 0:20 Arms and Legs
 - Remind athletes to push the handles each time
 - 0:20 Sprint
 - Light feet on the pedals
-

Shuttle Run

Warm-Ups & Progressions

- 25' Increments
 - Forward hoping pogo hops
 - High Knees
 - Butt Kicks
 - Side Shuffle
 - Easy Shuttle Runs
 - Focus on the turn around
 - Encourage athletes to turn towards one direction each time so they alternate which foot they turn on
 - Fast Shuttle Runs
 - Encourage athletes to be quick off the line before slowing to turn around.
-

Run

Warm-Ups & Progressions

- 0:30 High Knees
 - 0:30 Butt Kicks
 - 0:30 A Skips
 - 3 x 0:20 Banded High Knees
 - Anchor a band around something (the rig/ a rack) have athletes get in the band and try to do high knees forward away from the anchor.
 - Cue athletes to be aggressive off the balls of their feet
 - Look for athletes to pump the arms as they move
-

Functional R.O.M Protocols

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Coaching Mastery List

Mobility Protocols

Mobility is about moving a joint through its full range with strength and control. The goal is not just to achieve greater range but to own it under load and movement demands.

Protocol 1: Hip Mobility

- 90/90 Hip Switches – 2:00
- Hip CARs (Controlled Articular Rotations) – 2:00
- Deep Squat Hold w/ Rotation – 2:00

Protocol 2: Ankle Mobility

- Kneeling Ankle Dorsiflexion Stretch – 2:00
- Elevated Calf Stretch – 1:30
- Tibialis Raises – 2:00

Protocol 3: Thoracic Mobility

- Thread the Needle Stretch – 2:00
- T-Spine Foam Roller Extensions – 2:00
- Seated Cat-Cow – 2:00

Protocol 4: Shoulder Mobility

- Wall Slides – 2:00
- Doorway Pec Stretch – 1:30
- Banded Shoulder Dislocates – 2:00

Protocol 5: Hip Internal Rotation

- Hip CARs (Each Side) – 2:00
- Seated Hip Internal Rotation Stretch – 2:00
- Frog Stretch – 2:00

Protocol 6: Lower Back Mobility

- Supine Knee-to-Chest Stretch – 1:30
- Child's Pose w/ Side Reach – 2:00
- Standing Pelvic Tilts – 2:00

Protocol 7: Squat-Specific Mobility

- Ankle Dorsiflexion Stretch – 2:00
- Cossack Squats (Slow & Controlled) – 2:00
- Deep Squat Hold w/ Breathwork – 2:00

Protocol 8: Full-Body Mobility Flow

- World's Greatest Stretch – 2:00
 - Dynamic Lunge + Overhead Reach – 2:00
 - Cat-Cow to Child's Pose Flow – 2:00
-

Stability Protocols

Stability is about control—maintaining positions under load, resisting unwanted movement, and integrating strength through full ranges.

Protocol 1: Core Stability

- Dead Bug – 2:00
- Side Plank w/ Reach Under – 1:30
- Hollow Hold – 2:00

Protocol 2: Hip & Knee Stability

- Single-Leg Glute Bridge – 2:00
- Bulgarian Split Squat Isometric Hold – 2:00

- Banded Monster Walks – 2:00

Protocol 3: Shoulder & Scapular Stability

- Scapular Push-Ups – 2:00
- Banded External Rotations – 1:30
- Bottom-Range Push-Up Hold – 2:00

Protocol 4: Unilateral Lower Body Stability

- Step-Downs (Slow Eccentric) – 2:00
- Lateral Band Walks – 2:00
- Skater Holds – 2:00

Protocol 5: Rotational & Anti-Rotation Stability

- Pallof Press – 1:30
- Banded Chop – 2:00
- Hanging Knee Raises – 2:00

Protocol 6: Midline & Posterior Chain Stability

- Banded Good Mornings – 2:00
- Bird Dog – 2:00
- RDL Isometric Hold – 2:00

Protocol 7: Shoulder Isometric Strength

- Wall Angels – 2:00
- Hanging Scapular Holds – 2:00
- Cuban Rotations – 2:00

Protocol 8: Full-Body Isometric Control

- Front Rack Hold – 2:00
- Overhead Plate Hold – 2:00
- Single-Leg RDL Hold – 2:00

Flexibility Protocols

Flexibility is about accessing greater ranges passively, helping to reduce stiffness and promote movement freedom.

Protocol 1: Hamstring & Posterior Chain

- Standing Hamstring Stretch – 1:30
- Seated Forward Fold – 2:00
- Active Straight Leg Raise – 2:00

Protocol 2: Hip Flexors & Quads

- Couch Stretch (each side) – 1:30
- Pigeon Pose (each side) – 2:00
- Standing Quad Stretch (each side) – 2:00

Protocol 3: Thoracic Spine & Rib Cage

- T-Spine Extension on Foam Roller – 2:00
- Open Books – 2:00

Protocol 4: Shoulder Flexibility

- Lat Stretch on Rig – 2:00
- Sleeper Stretch – 2:00
- Banded Shoulder Dislocates – 2:00

Protocol 5: Lower Back Decompression

- Hanging Spinal Decompression – 2:00
- Child's Pose – 2:00
- Supine Spinal Twist – 2:00

Protocol 6: Hips & Groin Opener

- Frog Stretch – 2:00
- Butterfly Stretch – 2:00
- Lateral Lunge Stretch – 2:00

Protocol 7: Full-Body Flexibility

- World's Greatest Stretch – 2:00
- Jefferson Curl – 2:00
- Deep Squat Hold – 2:00

Protocol 8: Long-Hold Recovery Session

- Forward Fold – 3:00
 - Couch Stretch (each leg) – 3:00
 - Supine Spinal Twist – 3:00
-

Videos & Demos

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Coaching Mastery List

Plyo, Agility, & Explosive Power Demo Videos

**Many videos include multiple movement demos in the same video.*

Depth Drops + Lateral Skater Hops

<https://vimeo.com/1118794856>

Alternating Lunge Jumps + Plyo Push Ups

<https://vimeo.com/1113433644>

Rotational Medball Throws + Broad Jumps

<https://vimeo.com/1100909079>

Fast Feet Drills

<https://vimeo.com/1094119440>

Rotational Medball Throws + Forward Skips

<https://vimeo.com/1100906612>

Kneeling Medball Chest Pass + Clapping Push UP

<https://vimeo.com/1109426722>

Lateral Hops + Bounding High Knees

<https://vimeo.com/1091696225>

Rotational Medball Throw + Vertical Jump to Wall

<https://vimeo.com/1102987329>

Heel Skips

<https://vimeo.com/1097230862>

Forward Skips

<https://vimeo.com/1097230862>

Back Squat Jumps

<https://vimeo.com/1097230862>

Unweighted Vertical Jump

<https://vimeo.com/1097230862>

Box Split Jumps

<https://vimeo.com/1098925145>

Plate Push Ups

<https://vimeo.com/1107256354>

Single Leg Skips

<https://vimeo.com/1094125001>

Skips + Broad Jumps + Fast Feet Drills

<https://vimeo.com/1088047905>

Coaching & Instruction Videos

Rowing Power

<https://vimeo.com/1118831263>

Rotational Medball Throw

<https://youtube.com/shorts/4Sd-SUbgqOo?feature=share>

Lateral Medball Slams

https://youtube.com/shorts/j-8rj8Li_C8?feature=share

Deadlifts - Locking the Bar In

<https://youtube.com/shorts/vlqFiSBaRxY?feature=share>

A Coach or a Critic?

<https://youtube.com/shorts/c7lh82HX9p0?feature=share>

Burpee Pace & Position

https://youtube.com/shorts/hP2gxA_tlh0?feature=share

Teaching the Run in Class

<https://youtube.com/shorts/aNe1SKxYG90?feature=share>

Balance Training & Recovery

<https://youtu.be/IUvvZA1lg7w>

The Competitor's Mindset

<https://youtube.com/shorts/dZKUlo3xGc0?feature=share>

The 5 Levels of Mindset

<https://www.youtube.com/watch?v=Z7zrSGvsrE&t=1s>