



EXERCISE MATRIX

Maximal Strength Exercises		
Total Body Keep < 3 reps per round	Lower Body Keep ≤ 5 reps per round	Upper Body Keep ≤ 5 reps per round
<p><u>Deadlift</u> Variation</p> <ul style="list-style-type: none"> • Conventional • Sumo • High Hip • Snatch Grip <p>Clean</p> <ul style="list-style-type: none"> • Full Clean • Power Clean • Muscle Clean • Hang Power Clean • Hang Muscle Clean • Clean Pull • Power Jerk • Split Jerk <p>Snatch</p> <ul style="list-style-type: none"> • Full Snatch • Power Snatch • Muscle Snatch • Hang Power Snatch • Hang Muscle Snatch • Snatch Pull 	<p>Squats</p> <ul style="list-style-type: none"> • Back Squat • Front Squat • Box Squat • Overhead Squat <p>Hinges</p> <ul style="list-style-type: none"> • RDL • Hip Bridge 	<p>Presses</p> <ul style="list-style-type: none"> • Bench Press • Push Press • Military Press (Barbell or Dumbbell) <p>Pulls</p> <ul style="list-style-type: none"> • Barbell Row • Dumbbell row • Weighted Pull-up • Heavy Lat Pulldown

Hypertrophy + Muscular Endurance Exercises		
Upper Body - Chest	Upper Body - Back	Upper Body - Shoulders
<p>Presses</p> <ul style="list-style-type: none"> • Bench Press (Barbell or DB) • Incline Press (Barbell or DB) • Alternating DB Bench Press • KB / DB Floor Press • Dips • Push-ups • T Push-up • Diamond Push-up • Hand Release Push Up • Plyo-Push up • Push up Circles • Push Pulls <p>Isolation</p> <ul style="list-style-type: none"> • Dumbbell Flys • Cable Flys • Cable Crossover 	<p>Horizontal Pulls</p> <ul style="list-style-type: none"> • Bent Over Row • Seated Cable Pull • T-Bar Row • Landmine Row • Single Arm Row • Renegade Row • DB Row • Horizontal Pull up <p>Vertical Pulls</p> <ul style="list-style-type: none"> • Lat Pull-down • Pullovers • Pull-up • Chin-up • Tarzan Pull-up • Alt Grip Pull Up • Band Assisted Pull up • Wide Grip Pull ups • Rope Climb 	<p>Presses</p> <ul style="list-style-type: none"> • Arnold Press • Bench Walk-up • Military Press (Barbell or DB) • Kneeling Single Arm Press • Push Press (DB or KB) • Seated Military Press (Barbell or DB) • Sandbag push press <p>Isolation</p> <ul style="list-style-type: none"> • Lateral Raise • Frontal Raise • Reverse Flyes • Shoulder 21 <p>Traps</p> <ul style="list-style-type: none"> • Shrugs • Upright Row



EXERCISE MATRIX

Lower Body	Lower Body	Upper Body - Arms
<p>Squats</p> <ul style="list-style-type: none"> • Back Squat (High or Low Bar) • Front Squat • Double KB Front Squat • Rick Sanchez • Goblet Squat • Jump squat • Overhead Squat • Sandbag Front Squat • Slayer Squats • 1 + ¼ squat • Squat <p>Lunges</p> <ul style="list-style-type: none"> • Jump Lunge • Squat lunge lunge • Split Squat (Barbell, KB, or DB) • Lunge (Barbell, KB, DB, SB) • Walking Lunge (Barbell, KB, DB, SB) • Overhead Plate Lunge 	<p>Hinges</p> <ul style="list-style-type: none"> • Single Leg Deadlift • RDL (Barbell, KB, or DB) • Poor Man's Leg Curls • Hamstring Hell • Nordic Hamstrings • Reverse Hyper • Swings (KB / DB) • Lunge Hinge • Bulgarian Split Squat • Hip Bridge • Good Morning • Russian Hammer 	<p>Biceps</p> <ul style="list-style-type: none"> • Curl (Barbell or DB) • Arnold Curls • Preacher Curls • Cable Curls • Concentration Curls • Bicep 21's • Hammer Curl • Curl to press <p>Triceps</p> <ul style="list-style-type: none"> • Tricep Kickbacks • Cable Pressdowns • Overhead Tricep Extension • Skull Crushers • Skull Crushers 21 • Close Grip Bench Press • Bench Dips <p>Grip</p> <ul style="list-style-type: none"> • Farmers Carry • Single arm farmer carry • Forearm Curl • Forearm Extension

Complexes and Followers

Complexes	Power + Agility
<p>Lower Body</p> <ul style="list-style-type: none"> • Leg Blaster • Mastodon Complex • Rhino Complex <p>Upper Body</p> <ul style="list-style-type: none"> • Cobra Complex • Gorilla Complex • Push Pull - Upper Body <p>Total Body</p> <ul style="list-style-type: none"> • Barbell Complex • Dumbbell Complex • Kettlebell Complex 	<p>Jumps</p> <ul style="list-style-type: none"> • Box Jump • Broad Jump • Forward jump and spin • Jump over obstacle • Star burst • Ice skaters <p>Throws</p> <ul style="list-style-type: none"> • Chest toss • Ball Slam • Overhead toss • Plyo Push-up <p>Power</p> <ul style="list-style-type: none"> • Sled Push <p>Agility</p> <ul style="list-style-type: none"> • Suicide Sprint



EXERCISE MATRIX

Core Exercises		
Rotation / Anti-rotation	Isometric	Flexion
Bicycle Crunch Seated Russian Twist Standing Russian Twist Cauldron Band Press Outs (Kneeling / Standing) Lateral Swing EO EO alternative Cauldron Kneeling Half Moon Kneeling Slasher Slasher Russian Triangle	Plank Side Plank Plank Walk-up Flutter Kicks Hello Dolly Overhead Plate Carry Overhead Carry (DB / KB) Strict Renegade Row Boat Pose Side Bridge Hollow Rock and Hollow Hold Face Down Back Extension Single arm overhead carry	Toe Touch Toes to Sky Atomic Abs Knee Tuck Toes to Bar / Ankles to Bar Reverse Curl up Sit-up Weighted sit-up Single arm sit-up Atomic Core Circuit- Core

Work Capacity Exercises		
Total Body	Single Modes	Upper / Lower / Core
SBGU SBGU: MOBILITY Burpee Sandbag Burpee Swing One Arm Swing Man Maker Kettlebell Snatch Curtis P KB Curtis P Sled Push Mr. Spectacular KB Clean + Press (single or double) Thruster Bear Crawl DB Crawl Ball Slam Wall Ball Deck Squat Hippity Hop SB Clean and Squat KB Double Eagle Bodyweight Get-up Shuttle Sprints Suicide Sprints Duck walk Lateral Ball toss Overhead throw	SMOC Running Assault Bike Cycling Step-ups (weighted and unweighted) Lateral Step-up Rower Ski Erg Shadow Boxing Light Rolling - BJJ Skipping Rope Rucking Swimming Mountain Climber Jumping Jack Monkey Walk	Exercises can be pulled from all of the strength categories. We suggest not using isometric core exercises, arm exercises or total body neuromuscular exercises.



EXERCISE MATRIX

Resilience			
Mobility	Soft Tissue	Stabilizer Strength	Stretches
Teacup Shoulder Dislocates Hydrants Band Walk Lunging Dislocates Mantis Shoulder Jackknife Shoulder Thread	Peanut Glute Ball Pec Ball Calf Smash Quads IT Band Adductor Armpit Ball Foam Roll Soleus Squat Infraspinatus Ball	Glute Leg Lift Thumbs up Reverse Flyes Y+L Atlas Shoulder Complex Jane Fonda Complex	Couch Cossack Facedown Pec Flatback Ragdoll Hero Ultimate Shoulder Instep Instep + Quad Shoulder Thread Cactus Prisoner Stretch Rag doll Scorpion Stretch Cat/ Cow Stretch Lateral Lunge Lat + Pec Pigeon Elevated Pigeon 3rd World Stretch 3rd World Rack Stretch Couch Stretch Table Top w/ Reverse Hands Brettzel Child pose Ultimate shoulder stretch Founder Butterfly stretch Cobra stretch Ragdoll Supine hip stretch