



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
Deadlift Sumo Deadlift High Hip Deadlift Full Clean Power Clean Muscle Clean Hang Power Clean Hang Muscle Clean Clean Pull	Back Squat Front Squat Box Squat Overhead Squat RDL Hip Bridge	Bench Press Push Press Military Press) Barbell Row Dumbbell row Weighted Pull-up Heavy Lat Pulldown

Hypertrophy + Muscular Endurance Exercises		
Upper Body - Chest	Upper Body - Back	Upper Body - Shoulders
Bench Press DB Bench Press Incline Press Alternating DB Bench Press Dips Push-ups T-Push-up Diamond Push-up Hand Release Push Up Plyo-Push up Push up Circles Push Pulls Dumbbell Flys Cable Flys Cable Crossover	Bent Over Row Seated Cable Pull T-Bar Row Landmine Row Single Arm Row Renegade Row DB Row Horizontal Pull up Banded Row DB Single Arm Row 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	Arnold Press Dumbbell Overhead Press Kneeling Single Arm Press Dumbbell Push Press Seated Dumbbell Press Sandbag push press Alternating DB Strict Press Lateral Raise Frontal Raise Reverse Flys Shoulder 2] Shrugs Upright Row



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Hypertrophy + Muscular Endurance Exercises		
Lower Body	Lower Body - Hinges	Upper Body - Arms
<p>Squats 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 One Legged Box Squat</p> <p>Lunges 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 Lateral Lunge Bulgarian Split Squat</p>	<p>Hinges Single Leg Deadlift RDL (Barbell, KB, or DB) Poor Man's Leg Curls Nordic Hamstrings Reverse Hyper Swings (KB / DB) Lunge Hinge Hip Bridge Good Morning Lunge Hinge Floor Bridge Calf Raise B-Stance Hip Bridges</p>	<p>Biceps Curl (Barbell or DB) Arnold Curls Preacher Curls Cable Curls Concentration Curls Bicep 21's Hammer Curl Curl to press</p> <p>Triceps Tricep Kickbacks Cable Pressdowns Overhead Tricep Extension Skull Crushers Close Grip Bench Press Bench Dips</p> <p>Grip Farmers Carry Single arm farmer carry Forearm Curl Forearm Extension</p>

Complexes and Followers

Complexes	Power + Agility
<p>Lower Body Leg Blaster Mastodon Complex Rhino Complex</p> <p>Upper Body Cobra Complex Gorilla Complex</p>	<p>Jumps Broad Jump Forward jump and spin Jump over obstacle Star burst Ice skaters</p> <p>Throws Chest toss Ball Slam Overhead toss Plyo Push-up</p> <p>Power Sled Push</p> <p>Agility Suicide Sprint Shuttle Run</p>



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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 Front Rack 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 Bodyweight Get-up Shuttle Run Suicide Sprint Duck walk Lateral Ball toss Overhead throw Sandbag Drag Turkish Get up AGOC	SMOC Running Assault Bike Cycling Step-ups Lateral Step-up Rower Ski Erg Shadow Boxing Light Rolling - BJJ Skipping Rope Rucking Swimming Mountain Climbers Jumping Jacks Running Drill Warm-up	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 Lunging Dislocates Mantis Shoulder Jackknife Shoulder Thread Deep Squat + Rotation Monkey Walk Square Drill Hip Car 90/90 Hip Switch AGOC - Animal Gait of Choice Prayer Squat Recline Pigeon + Twist Square Drill Monkey Walk Calisthenics Carioca Back Pedal High Skip	Peanut Glute Ball Pec Ball Calf Smash Quads IT Band Adductor Armpit Ball Soleus Squat Infraspinatus Ball STOC	Glute Leg Lift Thumbs up Reverse Flys Y+L Atlas Shoulder Complex Jane Fonda Complex Shoulder Handjob Shoulder Windmills Toe Lifts Wall Lean Calf Raises Knee Over Toe (KOT) Calf Raise Patrick Step Backward Sled/Tire Drag L-Sit Heel Toe Touches Clean Band Engagements Reverse Cleans Band Walk	Couch Cossack Facedown Pec Flatback Ragdoll Hero Ultimate Shoulder Instep Instep + Quad Shoulder Thread Cactus Prisoner Stretch Rag doll Scorpion 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 Dynamic Instep Side Sphinx