



## 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
<a href="#">Deadlift</a> <a href="#">Sumo Deadlift</a> <a href="#">High Hip Deadlift</a>  <a href="#">Full Clean</a> <a href="#">Power Clean</a> Muscle Clean <a href="#">Hang Power Clean</a> Hang Muscle Clean Clean Pull	<a href="#">Back Squat</a> <a href="#">Front Squat</a> <a href="#">Box Squat</a> <a href="#">Overhead Squat</a> <a href="#">RDL</a> <a href="#">Hip Bridge</a>	<a href="#">Bench Press</a> <a href="#">Push Press</a> <a href="#">Military Press</a>  <a href="#">Barbell Row</a> <a href="#">Dumbbell row</a>

Hypertrophy + Muscular Endurance Exercises		
Upper Body - Chest	Upper Body - Back	Upper Body - Shoulders
<a href="#">Bench Press</a> <a href="#">DB Bench Press</a> <a href="#">Incline Press</a> <a href="#">Alternating DB Bench Press</a> <a href="#">Alternating DB Floor Press</a> <a href="#">Dips</a> <a href="#">Push-ups</a> <a href="#">T-Push-up</a> <a href="#">1 ¼ Pushup</a> <a href="#">Diamond Push-up</a> <a href="#">Hand Release Push Up</a> <a href="#">Close Grip Pushup</a> <a href="#">Plyo-Push up</a> <a href="#">Push up Circles</a> <a href="#">Push Pulls</a> <a href="#">Kettlebell Floor Press</a> <a href="#">Dumbbell Flys</a> Cable Flys Cable Crossover	<a href="#">Bent Over Row</a> <a href="#">Seated Cable Row</a> <a href="#">T-Bar Row</a> <a href="#">Landmine Row</a> <a href="#">Single Arm Row</a> <a href="#">Renegade Row</a> <a href="#">DB Row</a> <a href="#">Sandbag Row</a> <a href="#">Horizontal Pull up</a> <a href="#">Banded Row</a> <a href="#">DB Single Arm Row</a> <a href="#">Cable Pulldown</a> <a href="#">Pullovers</a> <a href="#">Pull-up</a> <a href="#">Chin-up</a> <a href="#">Tarzan Pull-up</a> <a href="#">Alt Grip Pull Up</a> <a href="#">Band Assisted Pull up</a> <a href="#">Wide Grip Pull ups</a> <a href="#">Rope Climb</a>	<a href="#">Arnold Press</a> <a href="#">Dumbbell Overhead Press</a> <a href="#">Dumbbell Push Press</a> <a href="#">Seated Military Press</a> <a href="#">Sandbag push press</a> <a href="#">Alternating DB Strict Press</a> <a href="#">Kettlebell Front Raise</a> <a href="#">Kettlebell Press</a> <a href="#">Lateral Raise</a> <a href="#">Frontal Raise</a> <a href="#">Reverse Flys</a> <a href="#">Shoulder 21</a> <a href="#">Shrugs</a> <a href="#">Upright Row</a>

Hypertrophy + Muscular Endurance Exercises		
Lower Body	Lower Body - Hinges	Upper Body - Arms
<b>Squats</b> <a href="#">Back Squat (High or Low Bar)</a> <a href="#">Front Squat</a> <a href="#">Double KB Front Squat</a> <a href="#">Dumbbell Front Squat</a>	<b>Hinges</b> <a href="#">Single Leg Deadlift</a> <a href="#">RDL (Barbell, KB, or DB)</a> <a href="#">Poor Man's Leg Curls</a> <a href="#">Nordic Hamstrings</a>	<b>Biceps</b> <a href="#">Curl (Barbell or DB)</a> <a href="#">Arnold Curls</a> <a href="#">KB Curls</a> Cable Curls



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<p> <a href="#">Rick Sanchez Goblet Squat</a>  <a href="#">Jump squat</a>  <a href="#">Overhead Squat</a>  <a href="#">Sandbag Front Squat</a>  <a href="#">Sandbag Back Squat</a>  <a href="#">Slayer Squats</a>  <a href="#">1 + ¼ squat</a>  <a href="#">Squat</a>  <a href="#">One Legged Box Squat</a> </p> <p> <b>Lunges</b>  <a href="#">Jump Lunge</a>  <a href="#">Squat Lunge lunge</a>  <a href="#">Split Squat</a> (Barbell, KB, or DB)  <a href="#">Lunge</a> (Barbell, KB, DB, SB)  <a href="#">Walking Lunge</a> (Barbell, KB, DB, SB)  <a href="#">Overhead Plate Lunge</a>  <a href="#">Lateral Lunge</a>  <a href="#">Bulgarian Split Squat</a>  <a href="#">KOT Split Squat</a>  <a href="#">Slayer Lunge</a> </p>	<p> <a href="#">Reverse Hyper Swings</a> (KB / DB)  <a href="#">Lunge Hinge</a>  <a href="#">Hip Bridge</a>  <a href="#">Good Morning</a>  <a href="#">Lunge Hinge</a>  <a href="#">Floor Bridge</a>  <a href="#">Calf Raise</a>  <a href="#">B-Stance Hip Bridges</a>  <a href="#">Seated Good Mornings</a> </p>	<p> <a href="#">Concentration Curls</a>  <a href="#">Bicep 21's</a>  <a href="#">Hammer Curl</a>  <a href="#">Curl to press</a> </p> <p> <b>Triceps</b>  <a href="#">Tricep Kickbacks</a>  <a href="#">Cable Pressdowns</a>  <a href="#">Overhead Tricep Extension</a>  <a href="#">Skull Crushers</a>  <a href="#">Close Grip Bench Press</a>  <a href="#">Bench Dips</a> </p> <p> <b>Grip</b>  <a href="#">Farmers Carry</a>  <a href="#">Single arm farmer carry</a>  <a href="#">Forearm Curl</a>  <a href="#">Forearm Extension</a> </p>
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### Complexes and Followers

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

Core Exercises		
Rotation / Anti-rotation	Isometric	Flexion
<p> <a href="#">Bicycle Crunch</a>  <a href="#">Seated Russian Twist</a>  <a href="#">Standing Russian Twist</a> </p>	<p> <a href="#">Plank</a>  <a href="#">Side Plank</a>  <a href="#">Plank Walk-up</a> </p>	<p> <a href="#">Toe Touch</a>  <a href="#">Toes to Sky</a>  <a href="#">Atomic Abs</a> </p>



## EXERCISE MATRIX

<a href="#">Cauldron</a> <a href="#">Band Press Outs (Kneeling / Standing)</a> <a href="#">Lateral Swing</a> <a href="#">EO</a> <a href="#">EO alternative</a> <a href="#">Cauldron</a> <a href="#">Kneeling Half Moon</a> <a href="#">Kneeling Slasher</a> <a href="#">Slasher</a> <a href="#">Russian Triangle</a>	<a href="#">Flutter Kicks</a> <a href="#">Hello Dolly</a> <a href="#">Overhead Plate Carry</a> <a href="#">Overhead Carry (DB / KB)</a> <a href="#">Strict Renegade Row</a> <a href="#">Boat Pose</a> <a href="#">Side Bridge</a> <a href="#">Hollow Rock and Hollow Hold</a> <a href="#">Face Down Back Extension</a> <a href="#">Single arm overhead carry</a> <a href="#">Front Rack Carry</a> <a href="#">Overhead Sandbag Carry</a> <a href="#">Sandbag Front Rack Carry</a> <a href="#">Kneeling Founder</a> <a href="#">Founder</a>	<a href="#">Knee Tuck</a> <a href="#">Toes to Bar / Ankles to Bar</a> <a href="#">Reverse Curl up</a> <a href="#">Sit-up</a> <a href="#">Weighted sit-up</a> <a href="#">Single arm sit-up</a> <a href="#">Atomic Core Circuit- Core</a>
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Work Capacity Exercises		
Total Body	Single Modes	Upper / Lower / Core
<a href="#">SBGU</a> <a href="#">SBGU: MOBILITY</a> <a href="#">Burpee</a> <a href="#">Sandbag Burpee</a> <a href="#">Swing</a> <a href="#">One Arm Swing</a> <a href="#">Man Maker</a> <a href="#">Kettlebell Snatch</a> <a href="#">Curtis P</a> <a href="#">KB Curtis P</a> <a href="#">Sled Push</a> <a href="#">Mr. Spectacular</a> <a href="#">KB Clean + Press (single or double)</a> <a href="#">Thruster</a> <a href="#">DB Crawl</a> <a href="#">Ball Slam</a> <a href="#">Wall Ball</a> <a href="#">Hippity Hop</a> <a href="#">SB Clean and Squat</a> <a href="#">Bodyweight Get-up</a> <a href="#">Shuttle Run</a> <a href="#">Suicide Sprint</a> <a href="#">Lateral Ball toss</a> <a href="#">Overhead throw</a> <a href="#">Sandbag Drag</a> <a href="#">Turkish Get up</a> <a href="#">AGOC</a> <a href="#">Dumbbell Clean and Squat</a> <a href="#">Med Ball Thruster</a> <a href="#">Dumbbell Clean and Press</a>	<a href="#">SMOC</a> <a href="#">Mountain Climbers</a> <a href="#">Jumping Jacks</a> <a href="#">Running Drill Warm-up</a> <a href="#">Step-ups</a> <a href="#">Lateral Step-up</a> <a href="#">Tire Drag</a>  Rower Ski Erg Shadow Boxing Light Rolling - BJJ Skipping Rope Rucking Swimming Running Assault Bike Cycling	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
<a href="#">Teacup</a> <a href="#">Shoulder Dislocates</a> <a href="#">Hydrants</a> <a href="#">Lunging Dislocates</a> <a href="#">Mantis</a> <a href="#">Shoulder Jackknife</a> <a href="#">Shoulder Thread</a> <a href="#">Deep Squat + Rotation</a> <a href="#">Monkey Walk</a> <a href="#">Square Drill</a> <a href="#">Hip Car</a> <a href="#">90/90 Hip Switch</a> <a href="#">AGOC - Animal Gait of Choice</a> <a href="#">Prayer Squat</a> <a href="#">Recline Pigeon + Twist</a> <a href="#">Square Drill</a> <a href="#">Monkey Walk</a> <a href="#">Bear Crawl</a> <a href="#">Duck walk</a>  <b>Calisthenics</b> <a href="#">Carioca</a> <a href="#">Back Pedal</a> <a href="#">High Skip</a>	<a href="#">Peanut</a> <a href="#">Glute Ball</a> <a href="#">Pec Ball</a> <a href="#">Calf Smash</a> <a href="#">Armpit Ball</a> <a href="#">Soleus Squat</a> <a href="#">Infraspinatus Ball</a> <a href="#">STOC</a> <a href="#">Psoas Ball</a> <a href="#">QL Soft Tissue</a>	<a href="#">Glute Leg Lift</a> <a href="#">Thumbs up Reverse Flys</a> <a href="#">Y+L</a> <a href="#">Atlas Shoulder Complex</a> <a href="#">Jane Fonda Complex</a> <a href="#">Shoulder Handjob</a> <a href="#">Shoulder Windmills</a> <a href="#">Wall Lean Calf Raises</a> <a href="#">Knee Over Toe (KOT) Calf Raise</a> <a href="#">Patrick Step</a> <a href="#">Backward Sled/Tire Drag</a> <a href="#">L-Sit Heel Toe Touches</a> <a href="#">Clean Band Engagements</a> <a href="#">Reverse Cleans</a> <a href="#">Band Walk</a> <a href="#">Wall Sit</a> <a href="#">Halo</a> <a href="#">Band Pull Apart</a>	<a href="#">Couch Stretch</a> <a href="#">Cossack</a> <a href="#">Facedown Pec</a> <a href="#">Flatback Ragdoll</a> <a href="#">Hero</a> <a href="#">Ultimate Shoulder</a> <a href="#">Instep</a> <a href="#">Shoulder Thread</a> <a href="#">Cactus Stretch</a> <a href="#">Prisoner Stretch</a> <a href="#">Rag doll</a> <a href="#">Scorpion Stretch</a> <a href="#">Lateral Lunge</a> <a href="#">Lat + Pec</a> <a href="#">Pigeon</a> <a href="#">Elevated Pigeon</a> <a href="#">3rd World Stretch</a> <a href="#">Couch Stretch</a> <a href="#">Table Top w/ Reverse Hands</a> <a href="#">Brettzel</a> <a href="#">Child pose</a> <a href="#">Ultimate shoulder stretch</a> <a href="#">Supported Bridge</a> <a href="#">Butterfly stretch</a> <a href="#">Cobra stretch</a> <a href="#">Ragdoll</a> <a href="#">Supine hip stretch</a> <a href="#">Dynamic Instep</a> <a href="#">Side Sphinx</a> <a href="#">Frog Stretch</a>