



FOUNDATION'S CLASS

DAY 1

1. SQUAT

- **BILATERAL**
- **Air squat**
 - Feet hip to shoulder width
 - Even pressure distributed through whole foot
 - Posterior pelvic tilt
 - Break at hip, then knee on descent
 - Vertical torso
 - Drive feet into ground and squeeze glutes as standing
- **No hands front squat**
 - Create shelf across collarbone by reaching forward, then elevating shoulder
- **Front rack/squat**
 - Rotate hands back into body and keep elbows high
- **Back rack/squat**
 - Bar is resting across top delts, shoulder blades squeezed, pull bar down into body
- **UNILATERAL**
- **BW split squat**
 - Long split stance
 - Focus on driving big toe into ground on front foot for stability
 - Vertical torso on descent (elevator shaft), focus on only dropping back knee
 - Bottom position knee over heel on front leg
 - Weight distribution 66% front leg, 33% back leg
 - Hips and shoulders stay stacked on ascent
- **Reverse lunge**
 - Drive through front leg/hip to stand
- **Forward walking lunge**



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- Focus on taking big steps to reach correct bottom position

2. PULLING

- **Romanian Deadlift:** Hip to mid-shin
 - Tight upper back, flat back, keep bar close to body
 - Feet hip width apart, eavy heels/ weight in heels throughout entire movement
 - Slight bend in knees, descend by shifting hips back
 - Bar slides down legs as hamstring stretch/tension increases
 - On ascent drag bar back up leg as squeezing glutes and driving hips forward
- **Good morning**
 - Same as above just bar on back rack
- **Deadlift**
- ***Top down: hip to floor***
 - Same as RDL above except when reach mid shin break at knee until bar reaches floor while keeping hamstrings engaged and weight in heels
- ***Ground up: teaching how to create tension at start off floor***
 - Feet hip width, tight upper back, bar right next to shins
 - Squat to bar, grab just outside of legs
 - Shifts pressure in foot to heels
 - Project hips back until tension in hamstring is created
 - Initially push ground away to begin ascent then drive hip forward to finish rep

3. VERTICAL PRESSING

- **Shoulder Press**
 - Same as above except squeeze glutes along with lower abdomen/posterior pelvic tilt prior to initiating the press
- **Push Press**



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- Grip bar just outside shoulder width, with bar resting across collarbone in front rack if mobile enough
- Perform a controlled 3 inch dip sitting straight down, while maintaining a vertical torso and keeping pressure evenly distributed throughout the whole foot
- On ascent drive straight up, after the hips extend press the bar till lock out follow the guidelines from above

4. GYMNASTIC FLEXION MOVEMENTS

- **Sit Up**
- **Kipping/K2E**
- Hollow & arch hold/rock
 - Hollow: squeeze quads and abs, point toes, biceps to ears, rock on lower back
 - Arch: squeeze glutes and hamstrings, thigh upper back, point toes, biceps to ears, rock on hip flexors, extend at low back
- Foot supported kip swing/K2E
 - Start in arch position and move to hollow hold position, while holding bar and keeping feet on ground, this will teach your body the positions it should hit during kip swing
 - Start in arch position, propel self backwards using a straight arm push and hip movement, travel back to hollow position, then once come back forward and reach position plant feet to finish rep where you started
 - Same as above just raise knees when reaching hollow position
- Continuous Kip swing/K2E
 - Same as above except all reps are performed from hang

4. METCON

- **6-12 AMRAP**
 - 6 Deadlift
 - 5 Sit Up
 - 4 Front Squat
 - 3 Hand Release Push Up
 - 2 Push Press