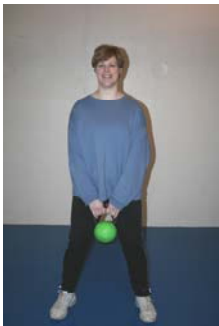




Progression: Pulls

Squats – KB in front



Upright Row – two hands



High Pull – two hands; combine squat and upright row into one movement



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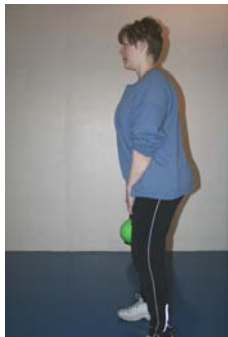


Progression: Swings

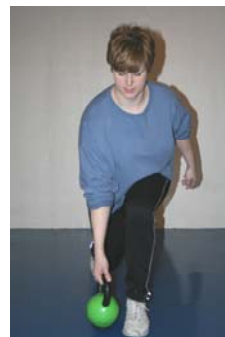
Bent over row – two hands; KB down in front



Romanian Deadlift (RDL) – two hands; KB in front



**Forward Lunge: one hand, reaching KB to opposite foot
Attempt on both sides**



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Swings: two hands, comfortable stance, set back

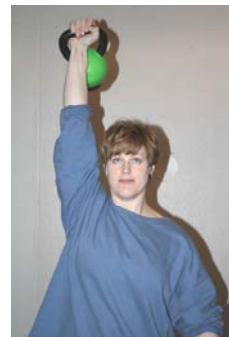
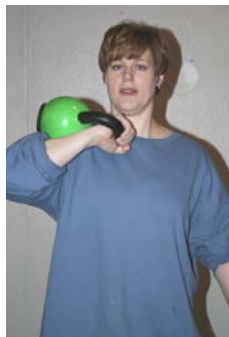


Progression: Overhead Movements

Rack Position - one KB, attempt each side



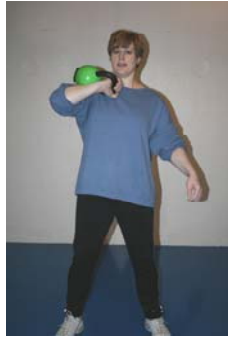
Shoulder Press – one KB, attempt each side



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Squat and Press – start with KB in rack position; squat and press simultaneously



Push Press – start with KB in rack position, quarter squat and press simultaneously



Progression: Alternatives to Pulls & Swings

Single arm pulls



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Single arm swings

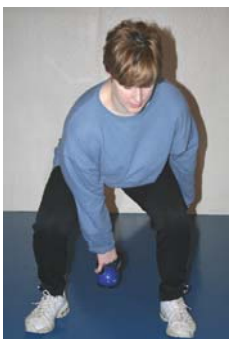


Single arm swings, alternating sides



Progression: Core/Trunk Movements

Figure Eights – in front of body



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Cross body chops (standing or kneeling)



Russian Twists



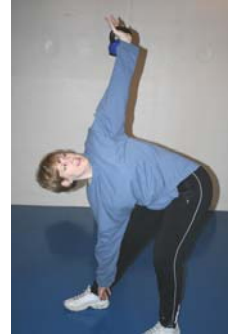
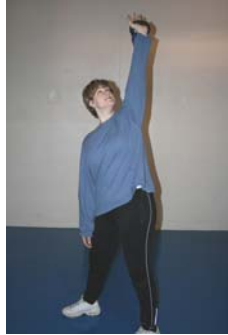
Upper Cuts



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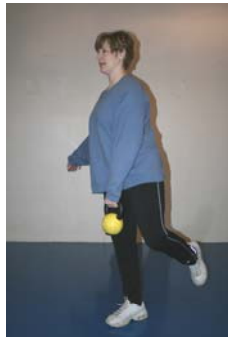
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Windmills



Progression: Strength Movements

Single Leg RDL



Lunges with Rotation



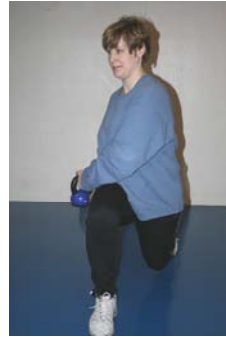
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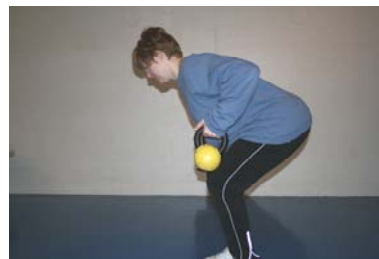
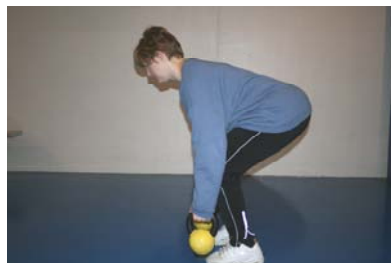
Lunges with Chop



Chest Press



Bent Over Row



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Pullovers



Shoulder Press



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