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| Upper Body Push |
| **Name** | **Movement** | **Muscles Worked** | **Barbell****Set Up** | **Quick Tips** | **Link to Exercise** |
| Split Stance Standing Press | Strength Push | Chest, shoulders, lower body, stabilizers | 40-46” | Start with bar at chest, hips square and glute activated, don’t let upper body go back during press, control barbell downward | <https://www.instagram.com/p/BldUH5pnxD6/> |
| Offset-Load split stance Press | Strength Push, Core, Stability | Chest, core, Stabilizers | 44” | Keep core tight, slow controlled reps, hold last rep as long as possible with arms bent at 45 degrees | <https://www.instagram.com/p/BnXa9adFH5j/> |
| SL Standing Press | Strength Push, Stability | Chest, shoulders, lower body, stabilizers | 44” | Start with bar at chest, keep hips square and squeeze glute, don’t let upper body go back during press, control barbell coming back | <https://www.instagram.com/p/BlBaesbFU22/> |
| Barbell Standing Shoulder Press | Push Strength | Shoulders, traps, chest, lats | 50-52” | Walk the bar out and start at shoulders, press up and out, keep lower body still  | <https://www.instagram.com/p/BmyWEOGFxT1/> |

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| Upper Body Pull |
| Henny Row | Strength Pull | Shoulders, lats | 30-40” | Sit back like sitting in chair, don’t let body fall forward, row to your chest | https://www.instagram.com/p/BkGWNBXFzqt/?hl=en&taken-by=hennyattachment |
| SL Barbell row (hold BB) | Strength Pull, Stability | Shoulders, lats, front leg stability | 33” | Sit back like sitting in chair, don’t let body fall forward, row to your chest | <https://www.instagram.com/p/Bkge41DlxoU/> |
| Face Pulls | Strength Pull, Shoulder care | Shoulders, posterior deltoids, traps | 9-14” | Cross attachments, start with arms extended in front, row arms back then externally rotate shoulders  | <https://www.instagram.com/p/BpIAv1Ph3mA/?taken-by=hennyattachment> |
| Upright Row | Strength Pull | Shoulders, traps | 20-24” | Start with hands low and pull up to face, keep lower body still and core tight | <https://www.instagram.com/p/Bo2rBxdhEeO/?taken-by=hennyattachment>  |

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| Lower Body |
| Standing Kickback | Strength Push | Glutes, Hamstrings, hip extensors | 6-12” | Lean upper body forward and hold onto rack with positive front leg shin angle, fully extend hip, knee, and ankle, do not externally rotate hip, slow and control eccentric phase | https://www.instagram.com/p/BocD74GgpFZ/?taken-by=overachievess |
| Barbell Row Thrust | Pull strength | Glutes, back | 24-30” | Start in normal Henny row position, pull bar in while extending lower body, control movement back to start | <https://www.instagram.com/p/BoKM8Dsh3f3/> |
| Launch Squat Press w/ bands | Ballistic/Plyo, Strength Push | Total body movement | 26-30” | Start with hamstrings loaded, fully extend lower body while pushing barbell overhead, ends at full body extension, keep core tight | <https://www.instagram.com/p/BltByq_HC7D/> (add bands) |
| SL Horizontal box jumps | Ballistic/Plyo, Stability, Ankle Mobility | Quads, hamstrings, glutes, calves | 40-46” | Keep bar at neutral 45 degree hold the entire time, load hamstring and explode forward, hold position on box for a second | <https://www.instagram.com/p/Bn6nSrEFqfV/> |
| Band Reverse Lunge w/ Slider | Strength, Stability | Quads, hip flexors, stabilizers | 5-9” | Start with strong resistance and slide back with bar still in front of rack, keep lats locked and back (can use plate or dumbbell to activate) | <https://www.instagram.com/p/BgpglPDlIHN/?hl=en&taken-by=hennyattachment>  |
| Supine Hack Squat w/ Yoke bar | Ballistic/Plyo, Strength Push | Lower body, back | 40” | Lean back, use normal squat technique, explode up and out to full extension | <https://www.instagram.com/p/BjSqWEYlaMb/> |
| Prone Hack Squat w/ Yoke Bar | Ballistic/Plyo, Strength Push | Lower body, back | 40” | Walk forward then set feet so body is at 45° angle, control squat backwards and explode out to triple extension | https://www.instagram.com/p/BpceDYVByXn/?utm\_source=ig\_share\_sheet&igshid=gg9hdiv5ausu |
| SL Launch Squat Press | Ballistic/Plyo, Strength Push, Stability | Total body movement | 36-42” | Start with hamstring loaded, fully extend lower body while pushing barbell overhead, ends at full body extension, keep core tight | <https://www.instagram.com/p/BoebP5FAe0H/?taken-by=overachievess>  |
| Standing kickbacks w/ slant-board | Strength Push, Ankle Mobility | Glutes, Hamstrings, hip extensors | 6-12” | Lean upper body forward and hold onto rack, full extension of hip, knee, and ankle, do not externally rotate hip, slow and control eccentric phase | <https://www.instagram.com/p/BosFinZAYRB/?taken-by=overachievess> (second half of video) |
| Step-Up w/ hip belt | Ballistic/Plyo, Strength Push, Stabilizers | Hamstrings, Glutes, hip extensors | 4-10” | Have hip belt at waist, explode up and resisted from being pulled back, hold end position for a second | <https://www.instagram.com/p/BhIhwqglzhJ/> |
| Reverse Lunge w/ Belt and Slider | Pull Strength | Quads, hamstrings, glutes | 4-10" | Start with strong resistance and slide back with bar still in front of rack, keep lats locked and back (can use plate or dumbbell to activate) | <https://www.instagram.com/p/BgpglPDlIHN/?hl=en&taken-by=hennyattachment>  |
| Launch Leg Press w/ Belt | Strength Push | Quads, Hamstrings, Glutes | 28-32” 15-18” (belt) | Place barbell on upper back and forearms into belt, place block at feet to keep in place, explode out into triple extension, control back motion | <https://www.instagram.com/p/BpIwDEZBw1D/>  |

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| Speed Training/Ballistic |
| 45° SL Isometric barbell hold | Stability | Total Body | 40-46” | Keep arms fully extended, bring one knee up while on ball of other foot, hold for 3 seconds and rapidly switch | <https://www.instagram.com/p/BimmfToALud/> |
| High Knee March | Metabolic Conditioning, Sprint Mechanics | Hip Flexors, upper body  | 44-50” | Body at 45° acceleration angle, arms fully extended, drive knees to chest, flex ankle and keep torso stiff, put face into ground | <https://www.instagram.com/p/BnmtelVBt57/> |
| SL Horizontal box jumps | Ballistic/Plyo, Stability, Ankle Mobility | Quads, hamstrings, glutes, calves | 40-46” | Keep bar at neutral 45 degree hold the entire time, load hamstring and explode forward, hold position on box for a second | <https://www.instagram.com/p/Bn6nSrEFqfV/> |
| Supine Hack Squat w/ Yoke bar | Ballistic/Plyo, Strength Push | Lower body, back | 40” | Lean back, use normal squat technique, explode up and out to full extension | <https://www.instagram.com/p/BjSqWEYlaMb/> |
| Prone Hack Squat w/ Yoke Bar | Ballistic/Plyo, Strength Push | Lower body, back | 40” | Walk forward then set feet so body is at 45° angle, control squat backwards and explode out to triple extension | https://www.instagram.com/p/BpceDYVByXn/?utm\_source=ig\_share\_sheet&igshid=gg9hdiv5ausu |
| SL Launch Squat Press | Ballistic/Plyo, Strength Push, Stability | Total body movement | 36-42” | Start with hamstring loaded, fully extend lower body while pushing barbell overhead, ends at full body extension, keep core tight | <https://www.instagram.com/p/BoebP5FAe0H/?taken-by=overachievess>  |
| Step-Up w/ hip belt | Ballistic/Plyo, Strength Push, Stabilizers | Hamstrings, Glutes, hip extensors | 4-10” | Have hip belt at waist, explode up and resisted from being pulled back, hold end position for a second | <https://www.instagram.com/p/BhIhwqglzhJ/> |
| High Knee Marches w/ front barbell hold | Metabolic Conditioning, Sprint Mechanics | Hip Flexors, upper body  | 44-48” | Body at sprint angle, arms constantly holding barbell at 90 degrees, drive knees to chest, flex ankle | <https://www.instagram.com/p/BoKtjDXB0GZ/?taken-by=hennyattachment>  |
| Sprint Starts w/ Belt | Sprint Mechanics | Quads, hamstrings, glutes | 26-30”12-18” (belt) | Lay forearms on belt and lock down upper body, get into low sprint stance with weight on front leg, drive back knee forward | https://www.instagram.com/p/BpSJWXfBSeu/?utm\_source=ig\_share\_sheet&igshid=h0ck9s150l0b |
| Launch Leg Press w/ Belt | Strength Push | Quads, Hamstrings, Glutes | 28-32” 15-18” (belt) | Place barbell on upper back and forearms into belt, place block at feet to keep in place, explode out into triple extension, control back motion | <https://www.instagram.com/p/BpIwDEZBw1D/>  |

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| Metabolic Conditioning |
| High Knee March | Metabolic Conditioning, Sprint Mechanics | Hip Flexors, upper body  | 44-50” | Body at 45° acceleration angle, arms fully extended, drive knees to chest, flex ankle and keep torso stiff, put face into ground | <https://www.instagram.com/p/BnmtelVBt57/> |
| High Knee Marches w/ front barbell hold | Metabolic Conditioning, Sprint Mechanics | Hip Flexors, upper body  | 44-48” | Body at sprint angle, arms constantly holding barbell at 90 degrees, drive knees to chest, flex ankle | <https://www.instagram.com/p/BoKtjDXB0GZ/?taken-by=hennyattachment>  |
| Bear Crawls with Hip Belt | Metabolic Conditioning, Stability | Shoulders, core | 4-10” | Have palms directly under shoulders, hips level and knees close to ground, control crawl backwards | <https://www.instagram.com/p/BkkStKwlSk0/?taken-by=hennyattachment>  |
| Lateral Bear Crawls with Hip Belt | Metabolic Conditioning, Stability | Shoulders, core | 4-10” | Have palms directly under shoulders, hips level and knees close to ground, don’t cross over limbs- shuffle, control crawl back |  |
| Lateral Walks | Core, Stability | Total Body | 4-10” | Sink hips, load hamstrings, take small steps side to side without crossing over feet |  |
| Mountain Climbers | Metabolic Conditioning, Core | Total Body | 9-14” | Hold bar in front of you with slight bend in elbows, walk out the bar but stay low, rapidly drive knees and shuffle feet forward | <https://www.instagram.com/p/Bh7NHHIFIO4/?taken-by=hennyattachment>  |
| Henny Resisted Hops | Metabolic Conditioning, Core, Stability | Total Body | 6-12” | Keep arms in a fixed position the entire time, keep core engaged and take 3-4 small hops forward, then take 3-4 controlled hop backwards to start | https://www.instagram.com/p/BhFls8-lKsq/?taken-by=hennyattachment |

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| Injury Prevention |
| Wall Slides | Shoulder care | Shoulder, lower trap | 9-14” | Start with elbows at side, don’t press up, rotate shoulders as hands move upwards, little force- stay close to rack | <https://www.instagram.com/p/BpIAv1Ph3mA/?taken-by=hennyattachment>  |
| Linear sticks | Injury prevention | Quads, Hamstrings | 4-10” | Sink hips and load hamstrings when landing, control weight moving forward |  |
| Belt Marches | Injury Prevention, Stability | ACL  | 4-10” | Sit back and stay low, about 5-6 steps backwards, 5-6 controlled steps forward | <https://www.instagram.com/p/Bl3P9vjHRRf/?taken-by=hennyattachment>  |

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| Core/Rotational |
| Offset-Load split stance Press | Strength Push, Core, Stability | Chest, core, Stabilizers | 40-46” | Keep core tight, slow controlled reps, hold last rep as long as possible with arms bent at 45 degrees | <https://www.instagram.com/p/BnXa9adFH5j/> |
| Bear Crawls with Hip Belt | Metabolic Conditioning, Stability | Shoulders, core | 4-10” | Have palms directly under shoulders, hips level and knees close to ground, control crawl backwards | <https://www.instagram.com/p/BkkStKwlSk0/?taken-by=hennyattachment>  |
| Lateral Bear Crawls with Hip Belt | Metabolic Conditioning, Stability | Shoulders, core | 4-10” | Have palms directly under shoulders, hips level and knees close to ground, don’t cross over limbs- shuffle, control crawl back |  |
| Plate Roll and Slide | Core, Stability | Core, total body | 4-10” | Start with resistance from barbell and set-up in push-up position, slide or roll plate out then back in keeping everything else tight and engaged | <https://www.instagram.com/p/BjAl3s6lQc3/?hl=en&taken-by=hennyattachment>  |
| Henny Resisted Hops | Metabolic Conditioning, Core, Stability | Total Body | 6-12” | Keep arms in a fixed position the entire time, keep core engaged and take 3-4 small hops forward, then take 3-4 controlled hop backwards to start | https://www.instagram.com/p/BhFls8-lKsq/?taken-by=hennyattachment |