

Movement	Level 1	Level 2	Level 3	Advanced
Squat	Bodyweight	Goblet	2 DB Racked	Barbell Back Squat
Lunge	Reverse	Forward	Lateral	DB Reverse Lunge
Hinge	DB Romanian Deadlift	Kettlebell Swing	1 Leg RDL w/ 2 DB	Barbell RDL or traditional DL
Bridge	Bridge w/ Adduction	1 Leg Bent	1 Leg Straight	1 Leg Elevated Bridge
Push - Horizontal	Push up on bench	3-1-X Push up	Decline Push up	DB Bench Press
Push - Vertical	1 DB 2 Arm OH Press	2 DB OH Press	1 DB OH Press	Half Kneeling 1 Arm Press
Pull - Horizontal	1 Arm Row	Quadruped 1 Arm Row	Bird Dog 1 Arm Row	Barbell Bent Over Row
Pull - Vertical	Lat Pull Down	Assisted Pull up	Pull up – Reverse Grip	Pull up with weighted belt
Rotate	Band Rotation	Cable Rotation	Cable Chop	Med Ball Rotation Throw
Resist: Anti-Rotation	Pallof Press	Half Kneeling Pallof Press	Tall Kneeling Pallof Press	Pallof Press w/ Overhead reach
Plank	Plank	Plank w/ 1 foot lift	Bird Dog plank	Plank Walk up
Side Plank	Side Plank w/ Knees Bent	Side Plank top leg straight	Side Plank (stacked)	SP w/ Arm and Leg Reach
Bird Dog	Bird Dog	Bird Dog Tap	Bird Dog Iso Push	Bird Dog w/ Band Row
Dead Bug	Alternating	2 Leg Lower	Alternating w/ Roller or block	Band/Cable Overhead
V-Sit	Foot support	Bent Knee	Full V-Sit	Alternating V-Up
Carry	Suitcase	Racked	Overhead	Bottoms-up Overhead