

Strength/Stability Tracking Sheet





Exercise	DESIRED Set / Rep / Rest			March 23rd	March 25th	March 30th	April 1st	April 6th	April 8th	April 13th	April 15th	April 20th
Level 1 - Overhead Split Squat. Every third rep hold mid position for 5 seconds. All other reps at a slow tempo. May be progressed with resistance. The key is you are maintaining alignment/form throughout.	3	9 Each Side	1.5 Min	SET 1 SET 2 SET 3	 SET 1 SET 2 SET 3 	SET 1 SET 2	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	 SET 1 SET 2 SET 3 	SET 1 SET 2 SET 3	SET 1 SET 2
Level 2 - Overhead Step Up. May be progressed with resistance. The key is you are maintaining alignment/form throughout. Tempo: slow/controlled	3	10 Each Side	1.5 Min	 SET 1 SET 2 SET 3 	SET 1 SET 2	SET 1 SET 2 SET 3	SET 1 SET 2	SET 1 SET 2 SET 3	 SET 1 SET 2 SET 3 	SET 1 SET 2 SET 3	SET 1 SET 2	SET 1 SET 2 SET 3
Level 3 - Single Leg Squat. The key is you are maintaining alignment/form throughout. Do not perform this level if you cannot maintain quality throughout. Tempo: slow/controlled	3	6-10 each side	1.5 Min	SET 1 SET 2 SET 3	 SET 1 SET 2 SET 3 	SET 1 SET 2	SET 1 SET 2	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	 SET 1 SET 2 SET 3 	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3
Level 1 - Cook Hip Lift. Focus on glute contraction (stance side). Tempo: slow	3	8-15 each side	1.5 Min	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3
Level 2 - Bent Knee Hip Extension March. Focus on glute contraction. Keep core engaged - do not let hips drop or pelvis to rotate throughout set. Tempo: slow/ controlled	3	8-15 each side	1.5 Min	SET 1 SET 2 SET 3	 SET 1 SET 2 SET 3 	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	 SET 1 SET 2 SET 3 	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3
Level 3 - Elevated Dip Cycle. Focus on glute contraction. Keep core engaged - do not let hips drop or pelvis to rotate throughout setTempo: slow	3	8-15 each side	1.5 Min	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3

Begin at Level 1 of each exercise and work to the top of the rep range (if applicable) maintaining perfect technique. If you are maintaining proper technique and the Level becomes less challenging - move to the next level of difficulty (and omit the previous Level)- but ensure that technique is maintained. For the Vermont Pull Up Exercise - a solid bar/board can be placed on two solid chairs (and you would perform the exercise between the chairs) - if a squat rack is unavailable. There should be no pain while performing any of the exercises, if pain is experienced stop the activity at once.

Exercise	DESIRED Set / Rep / Rest		March 23rd	March 25th	March 30th	April 1st	April 6th	April 8th	April 13th	April 15th	April 20th	
Level 1- Push Up. Keep core engaged do not allow back to sag. Tempo: slow	3	8-15	1.5 Min	SET 1 SET 2 SET 3	SET 1 SET 2	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3				
Level 2- Elevated Mountain Climber to Push Up. Keep core engaged do not allow back to sag or pelvis to rotate. Tempo: slow	3	8-15	1.5 Min	SET 1 SET 2 SET 3								
Level 3- Elevated Mountain Climber to Push Up Hands on Ball (i.e. basket ball). Keep core engaged do not allow back to sag or pelvis to rotate. Do not allow ball to move. Tempo: slow	3	8-15	1.5 Min	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3
Level 1 - Vermont Pull up. Keep core and glutes engaged - do not allow hips to drop. Focus on bringing shoulder blades together without shrugging. Tempo: slow	3	8-15	1.5 Min	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3
Level 2 - Chin Up. Work through a full range of motion - do not shrug through the movement. Tempo: controlled	3	8-12	1.5 Min	SET 1 SET 2 SET 3								
Level 3 - Pull Up. Work through a full range of motion - do not shrug through the movement. Tempo: controlled	3	8-12	1.5 Min	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3
5a. Side Plank Leg Raise. Progress from support at bent knee to support at feet. Tempo: Slow	3	8-20 each side	-	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3
5b. Plank with Alternating Shoulder Tap. Keep core engaged do not allow back to sag or pelvis to rotate. Progress by gradual- ly bringing knees closer together - further progress to support at toes. Tempo: Slow	3	8-20 each side	1 Min	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3	SET 1 SET 2 SET 3