

Strength/Stability Tracking Sheet



Exercise	DESIRED			March 23rd	March 25th	March 30th	April 1st	April 6th	April 8th	April 13th	April 15th	April 20th
	Set	Rep	Rest									
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	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
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	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> 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	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 1 - Cook Hip Lift. Focus on glute contraction (stance side). Tempo: slow	3	8-15 each side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> 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	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3
Level 3 - Elevated Dip Cycle. Focus on glute contraction. Keep core engaged - do not let hips drop or pelvis to rotate throughout set. Tempo: slow	3	8-15 each side	1.5 Min	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> SET 3	<input type="checkbox"/> SET 1 <input type="checkbox"/> SET 2 <input type="checkbox"/> 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.

