

“YOU can’t manage what YOU don’t measure!”

INSTRUCTIONS

- choose 1 exercise from each section
- perform 1-3 sets, What’s YOUR number
- rest 30-90 seconds between sets
- assess/retest to adjust YOUR program
- consistency is key for results!

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FREE Training Session

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ASSESSMENT



A1-Overhead Squat



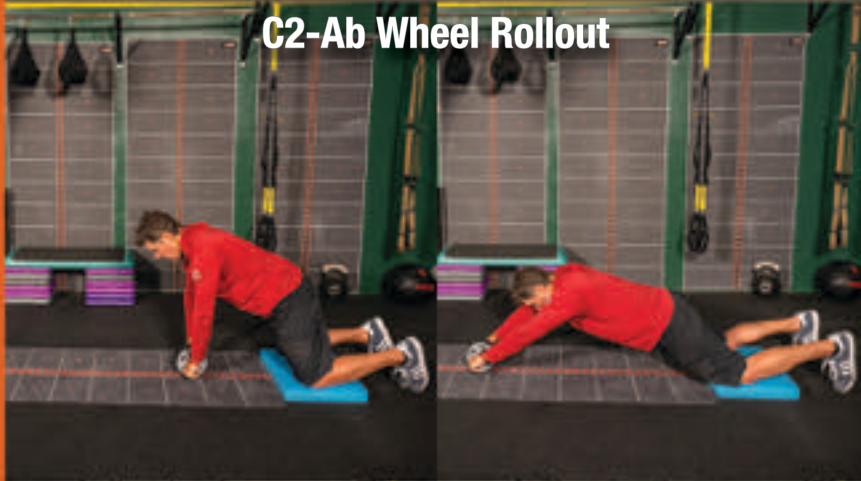
A2-RDL Cone Slide



A3-Plank Reach



C1-Paloff Press Walkout



C2-Ab Wheel Rollout



C3-Pike on Gliders

LOWER BODY



L1-Staggered Walk



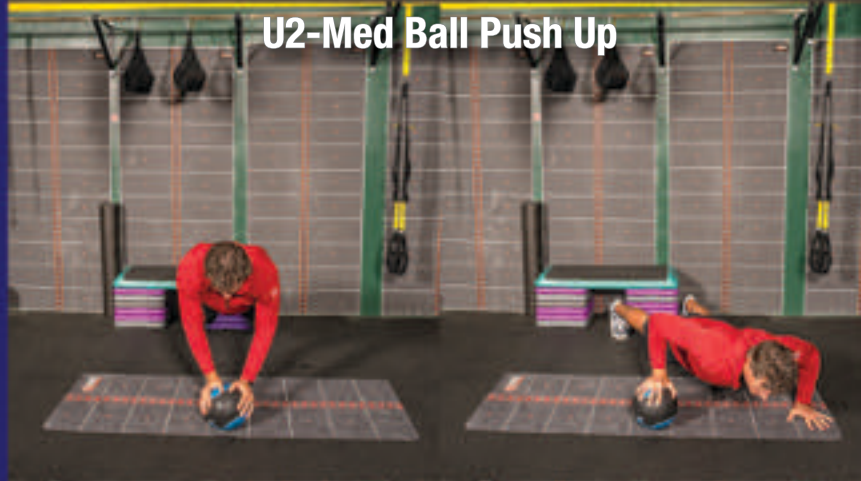
L2-Cross Over Lunge



L3-Glider Side Lunge



U1-Walk Out Push Up



U2-Med Ball Push Up



U3-Spiderman Push Up

FLEXIBILITY



F1-One Leg Tactical Frog



F2-Runner’s Stretch



F3-Wall Quad Stretch



T1-Wall Windmill



T2-Spiderman Lunge



T3-Wide Leg Forward Bend

CORE STRENGTH

UPPER BODY

T-SPINE MOBILITY