STRENGTH TRAINING EXERCISES

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INDEX OF STRENGTH TRAINING EXERCISES

• Upper Body
  • Scapulae Retraction From Pull Up Bar
  • Band Assisted Pull Ups
  • Kettle Bell (BD) Loaded Pull Up
  • LAT Pulldowns
  • Modified Pull Up
  • Banded Rows
  • Banded Resisted Push Up
  • Band Resisted Floor Press With Kettle Bells
  • Floor Press With Kettle BellS With Bells Up
  • Single Arm Bent Over Row Wrist Rotation
  • Close Grip Kettle Bell Push Up Bells Up
  • Kettle Bell Pullovers – Beginner
  • Kettle Bell Pullovers – Intermediate
  • Kettle Bell Pullovers – Advanced
  • Banded Kettle Bell Row Single
  • Banded Push Press
  • Banded Push Press With Kettle Bells
  • Kettle Bell Push Press With Bells Up
  • Overhead Push Press With Kettle Bells
  • Overhead Strict Press With Kettle Bells

• Lower Body
  • Goblet Squat With Kettle Bell (Front And Side View)
  • Banded External Goblet Squat With Kettle Bell
  • Banded External Goblet Squat Without Kettle Bell
  • Banded Vertical Goblet Squat
  • Banded Good Morning
  • Kettle Bell Swing
  • Banded Kettle Bell Swing
  • Double Banded Kettle Bell Swing
  • Single Leg Kettle Bell Rows (Bird Dog)
  • Single Leg Romanian Deadlift (RDL)
  • Double Kettle Bell Romanian Deadlift
  • Double Kettle Bell Row
  • Single Leg Glute Bridge With Kettle Bells Up
  • Glute Bridge With Kettle Bells Up
  • Kettle Bell Sumo Deadlift
  • Double Kettle Bell Goblet Squat Rack Position
  • Double Kettle Bell Suitcase Deadlift
  • Kickstand Goblet Squat With Kettle Bell
  • Kettle Bell Goblet Squat Band Assisted
  • Banded Double Kettle Bell Squat

• Core
  • Windshield Wiper
  • Toes To Bar
  • Straight Leg Raise
  • Bent Leg Raise
  • Hanging Scissor Leg Raise
  • Wood Chopper
  • Palloffpress Half Kneeling Hold
  • Palloffpress Kneeling Hold
  • Palloffpress Standing Hold
  • Palloffpress Overhead Standing Hold

* The Titled Exercise of Each Workout is Linked to that Respective YouTube Video Exercise *
UPPER BODY
SCAPULAE RETRACTION FROM PULL UP BAR

Start Position:
- Begin with pull up grips (palms away)
- Lead with the scapulae by drawing it down and together
- Raise the body without bending the arms, by doing a reverse shrug
- Chest should raise upward and Scapulae pinch them together
- Hold position for 1 count, range of motion is from 2-10” based on your strength

Coaching Cue(s):
- Bend the bar

* DO NOT BEND THE ARMS *
BAND ASSISTED PULL UPS

Start Position:

- Begin with pull up grip (palms away) with a 41" band
- Initiate movement with scapulae
- Keep your heels together to engage the glutes to assist with keeping your core tight throughout the compound movement
- Allow the band to assist the movement as it is designed for
- Bend the bar with your grip

Coaching Cue(s):

- Rigid core
- Bend the bar

* DO NOT SNAP OR JERK THE NECK VIGOROUSLY TO CLEAR THE BAR *
KETTLE BELL (KB) LOADED PULL UP

Start Position:
- Begin with pull up grip (palms away)
- Initiate movement with scapulae
- One foot holding the kettle bell
- Bend the bar with the grip

Coaching Cue(s):
- Rigid core
- Bend the bar

* DO NOT SNAP OR JERK THE NECK VIGOROUSLY TO CLEAR THE BAR *

* DO NOT CONDUCT 1 REP LOADED PULL-UPS (>3 REPETITIONS FOR EACH SET) *
LAT PULLDOWNS

Start Position:
• Make a bite with the wrist, band and palms
• Sit on the surface and brace the core to ensure the back stays vertical
• Initiate movement with scapulae

Coaching Cue(s):
• Rigid core
• Pause at the bottom of the pull down

* DO NOT ALLOW THE GLUTES TO BREAK THE FLOOR *

* DO NOT ALLOW THE LOW BACK TO BE THE PRIMARY MOVER *
MODIFIED PULL UP

Start Position:
• Begin with pull up grip (palms away) and legs straight with heels in the surface
• Lead with the scapulae by drawing it down and together, bend the elbow until the bar is in the vicinity of the chest
• Raise the body with the core braced and the heels into the surface
• If too difficult with legs fully extended, bring legs closer and place feet flat on the floor
• Hold position for 1 count

Coaching Cue(s):
• Bend the bar
• Brace the core

* DO NOT ALLOW THE HIPS TO SAG OR COLLAPSE *
BANDED ROWS

Start Position:
- Make a bite with the wrist, band and palms
- Squat to your end range and assume a relaxed position with your lower body
- Initiate movement with scapulae
- Pull the band to your chest hold for a 1 count

Coaching Cue(s):
- Rigid core and lead with the elbow and give all the tension to the upper back
- * DO NOT ROUND THE UPPER BACK *
- * DO NOT ALLOW YOUR HEELS TO BREAK THE SURFACE *
BANDED RESISTED PUSH UP

Start Position:
- Hands underneath shoulders, anchor the heel of the hand by generating torque with the upper back
- Tight core, to include engaging your quads
- Ensure your body moves as one unit and it moves in a straight line

Coaching Cue(s):
- Engage the upper back and move as one unit

* DO NOT ALLOW THE HIPS OR HEAD TO DROP *
BAND RESISTED FLOOR PRESS WITH KETTLE BELLS

Start Position:
- Twist band once and place around the back
- Place the band in the palm of the hand where the weight will not press against it
- Feet together with knees bent
- Elbows at a 45 degree angle in relationship to the shoulder

Coaching Cue(s):
- Pause with elbows on the floor
- Full extension

* DO NOT ALLOW THE HIPS TO BREAK THE SURFACE *

* DO NOT ALLOW THE ELBOWS TO EXCEED 90 DEGREES *
FLOOR PRESS WITH KETTLE BELLS WITH BELLS UP

Start Position:
- Place the bell in the palm of the hand with the weight vertical
- Feet together with knees bent
- Elbows at a 45 degree angle in relationship to the shoulder
- Squeeze the bell
- Do not allow the hips to break the surface and don’t allow the elbows to exceed 90 degrees

Coaching Cue(s):
- Pause with elbows on the floor
- Full extension

* DO NOT ALLOW THE HIPS TO BREAK THE SURFACE *

* DO NOT ALLOW THE ELBOWS TO EXCEED 90 DEGREES *
SINGLE ARM BENT OVER ROW WRIST ROTATION

Start Position:
- Grab the horn with a Sumo stance
- Brace the core and keep the back flat
- Row the bells toward your chest with a 90 degree rotation of the wrist, pause for 1 count and return to the starting position

Coaching Cue(s):
- Lead with the elbow and pinch the scapula together

* DO NOT LOCK OUT THE KNEE *

* DO NOT JERK THE BELLS *
CLOSE GRIP KETTLE BELL PUSH UP BELLS UP

Start Position:
- Hands underneath shoulders, secure the horns of the bell
- Tight core, to include engaging your quads
- Keep the elbows close to the body throughout the pushup
- Ensure your body moves as one unit and it moves in a straight line

Coaching Cue(s):
- Engage the upper back and move as one unit

* DO NOT ALLOW THE HIPS OR HEAD TO DROP *
Start Position:
- Place the bell in the palm of the hand
- Feet together and heels touching the surface
- Extend the arms back about 1-3” from the floor with elbows locked
- Tighten your core and pull right arm towards your chest, pause for a 1 count and return, then do the same for the left arm

Coaching Cue(s):
- Control the weight with the upper back
- Full extension and squeeze the glutes

* DO NOT ALLOW THE HEAD OR HEELS TO BREAK THE SURFACE *
KETTLE BELL PULLOVERS – INTERMEDIATE

Start Position:
• Place the bell in the palm of the hand
• Feet together and legs elevated to 4-6” off the surface
• Extend the arms back about 1-3” from the floor with elbows locked
• Tighten your core and pull right arm towards your chest, pause for a 1 count and return, then do the same for the left arm

Coaching Cue(s):
• Control the weight with the upper back
• Full extension and squeeze the glutes

* DO NOT ALLOW THE HEAD TO BREAK THE SURFACE *
KETTLE BELL PULLOVERS – ADVANCED

Start Position:

- Place the bell in the palm of the hand
- Feet together and legs elevated to 12-18” off the surface
- Extend the arms back about 1-3” from the floor with elbows locked
- Tighten your core and pull right arm towards your chest, pause for a 1 count and return, then do the same for the left arm

Coaching Cue(s):

- Control the weight with the upper back
- Maintain the Hollow Position

* DO NOT ALLOW THE HEAD TO BREAK THE SURFACE *
**Start Position:**
- Secure the 41” band on an anchor and place it around your right wrist
- Grab the horn and step away from the anchor point to generate tension in the band
- Brace the core and keep the back flat
- Row the bells toward your chest, pause for 1 count and return to the starting position

**Coaching Cue(s):**
- Lead with the elbow and pinch the scapula together

* DO NOT LOCK OUT THE KNEE *

* DO NOT JERK THE BELLS *
BANDED PUSH PRESS

Start Position:
• Place the 41” band in the palm of the hand with athletic stance with elbows at 45 degrees
• Brace the core and keep the back flat

Coaching Cue(s):
• Initiate with knee flexion and extension and push to end range of motion

* DO NOT ALLOW THE ELBOWS TO FLARE AWAY FROM THE BODY *
**BANDED PUSH PRESS WITH KETTLE BELLS**

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**Start Position:**
- Place the 41” band in the palm of the hand while securing the horn of the bell
- Hip hinge to swing the bells up into the rack position
- Athletic stance with elbows at 45 degrees and the bell being carried in the triangle near the forearm
- Brace the core and keep the back flat

**Coaching Cue(s):**
- Initiate with knee flexion and extension and push to end range of motion

* DO NOT ALLOW THE ELBOWS TO FLARE AWAY FROM THE BODY *
KETTLE BELL PUSH PRESS WITH BELLS UP

Start Position:
• Place the bell in the palm of the hand with the weight vertical and squeeze vigorously
• Athletic stance with elbows at 45 degrees
• Brace the core and keep the back flat

Coaching Cue(s):
• Initiate with knee flexion and extension and push to end range of motion

* DO NOT ALLOW THE ELBOWS TO FLARE AWAY FROM THE BODY *
OVERHEAD PUSH PRESS WITH KETTLE BELLS

Start Position:
- Secure the horn of the bell and hip hinge to swing the bells up into the rack position
- Athletic stance with elbows at 45 degrees and the bell being carried in the triangle near the forearm
- Brace the core and keep the back flat

Coaching Cue(s):
- Initiate with knee flexion and extension and push to end range of motion

* DO NOT ALLOW THE ELBOWS TO FLARE AWAY FROM THE BODY *
OVERHEAD STRICT PRESS WITH KETTLE BELLS

Start Position:

• Secure the horn of the bell and hip hinge to swing the bells up into the rack position
• Athletic stance with elbows at 45 degrees and the bell being carried in the triangle near the forearm
• Brace the core and keep the back flat

Coaching Cue(s):

• Initiate with the triceps and shoulders to push the bells to end range of motion

* DO NOT ALLOW THE ELBOWS TO FLARE AWAY FROM THE BODY *
LOWER BODY
Start Position:
- Hold the bell by the horns close to your chest
- Lead with a hip hinge
- Generate torque with the feet and push the legs out over the knees
- Squat down until your hips are below parallel
- Keep chest up and head neutral with back straight

Coaching Cue(s):
- Hip hinge
- Flat back and screw those heels into the surface

* DO NOT ALLOW YOUR HEELS TO BREAK THE SURFACE *

* DO NOT ALLOW YOUR BACK TO ROUND *
**BANDED EXTERNAL GOBLET SQUAT WITH KETTLE BELL**

**Start Position:**
- Hold the bell by the horns close to your chest
- Light 12” band around the top of the knee
- Lead with a hip hinge
- Generate torque with the feet and push the legs out over the knees
- Squat down until your hips are below parallel
- Keep chest up and head neutral with back straight

**Coaching Cue(s):**
- Hip hinge
- Push the knees out

* DO NOT ALLOW YOUR HEELS TO BREAK THE SURFACE *

* DO NOT ALLOW YOUR BACK TO ROUND *
BANDED EXTERNAL GOBLET SQUAT
WITHOUT KETTLE BELL

Start Position:
• Light 12” band around the top of the knee
• Lead with a hip hinge
• Generate torque with the feet and push the legs out over the knees
• Squat down until your hips are below parallel
• Keep chest up and head neutral with back straight

Coaching Cue(s):
• Hip hinge
• Push the knees out

* DO NOT ALLOW YOUR HEELS TO BREAK THE SURFACE *

* DO NOT ALLOW YOUR BACK TO ROUND *
BANDED VERTICAL GOBLET SQUAT

Start Position:
• Place the 41” band on your traps and spread your feet shoulder width with the band at mid-feet
• Hold the bell by the horns close to your chest
• Lead with a hip hinge
• Generate torque with the feet and push the legs out over the knees
• Squat down until your hips are below parallel
• Keep chest up and head neutral with back straight

Coaching Cue(s):
• Hip hinge
• Push the knees out

* DO NOT ALLOW YOUR HEELS TO BREAK THE SURFACE *

* DO NOT ALLOW YOUR BACK TO ROUND *
BANDED GOOD MORNING

Start Position:
- Using a 41” band around the back of your neck
- Spread the feet with the band on the outside of the feet
- Lead with the hip until the back is parallel to the surface
- Slowly lower at the waist and keep your entire torso tight

Coaching Cue(s):
- Hip hinge
- Tight core and engage the posterior chain

- DO NOT ROUND THE BACK *

* DO NOT ALLOW THE BAND TO SLIDE DOWN THE NECK *
KETTLE BELL SWING

Start Position:
- Feet are Shoulder width apart with the bell about 12” out in front on the surface
- Bend at the waist and grasp the bell by the horns with palms facing toward your body
- Pull the shoulders down and back and brace the core
- Lift the bell and allow it to swing between the legs first with soft knees and flat back
- Forcefully drive the hips forward to catapult the bell into the air

Coaching Cues(s):
- Dance with the bell with a braced core

* DO NOT ALLOW THE BELL TO GO HIGHER THAN THE SHOULDERS, IF THE BELL TURNS UP AT THE TOP, THE BELL IS TOO LIGHT *
BANDED KETTLE BELL SWING

Start Position:
- Feet are Shoulder width apart with the bell about 12” out in front on the surface
- Place the mid-feet on the band
- Bend at the waist and grasp the bell by the horns with palms facing toward your body in-between the band on the horn
- Pull the shoulders down and back and brace the core
- Lift the bell and allow it to swing between the legs first with soft knees and flat back
- Forcefully drive the hips forward to catapult the bell into the air

Coaching Cues(s):
- Snap the bell with great force

* DO NOT ALLOW THE BELL TO GO HIGHER THAN THE SHOULDERS *

* KEEP YOUR FEET IN CONTACT WITH THE SURFACE *
### DOUBLE BANDED KETTLE BELL SWING

**Start Position:**
- Step into the band and allow tension to be generated against the hip
- Feet are shoulder width apart with the bell about 12” out in front on the surface
- Place the mid-feet on the band
- Bend at the waist and grasp the bell by the horns with palms facing toward your body in-between the band on the horn
- Pull the shoulders down and back and brace the core
- Lift the bell and allow it to swing between the legs first with soft knees and flat back
- Forcefully drive the hips forward to catapult the bell into the air and achieve hip extension

**Coaching Cues(s):**
- Snap bell and hips with great force

* DO NOT ALLOW THE BELL TO GO HIGHER THAN THE SHOULDERS *

* KEEP YOUR FEET IN CONTACT WITH THE SURFACE *
SINGLE LEG KETTLE BELL ROWS (BIRD DOG)

Start Position:
- Grab the horns on the bell
- Single leg stance with opposite leg fully extended
- Brace the core and keep the back flat
- Row the bells toward your chest, pause for 1 count and return to the starting position

Coaching Cue(s):
- Lead with the elbow and pinch the scapulæ together

* DO NOT LOCK OUT THE KNEE *

* DO NOT JERK THE BELLS*
SINGLE LEG ROMANIAN DEADLIFT (RDL)

Start Position:
• Grab the horns on the bell
• Single leg stance with opposite leg fully extended
• Brace core and lower toward the leg engaged in the surface

Coaching Cue(s):
• Brace the core
• Go to end range of motion

* DO NOT LOCK OUT THE KNEE *

* DO NOT MOVE VIGOROUSLY *
DOUBLE KETTLE BELL ROMANIAN DEADLIFT

Start Position:
- Grab the horns on the bell
- Athletic stance with the bells
- Brace core and lower toward the surface under control

Coaching Cue(s):
- Brace the core
- Go to end range of motion

* DO NOT LOCK OUT THE KNEE *

* DO NOT MOVE VIGOROUSLY *
DOUBBLE KETTLE BELL ROW

Start Position:
- Grab the horns on the bell
- Athletic stance (feet shoulder width)
- Brace the core and keep the back flat
- Row the bells toward your chest, pause for 1 count and return to the starting position

Coaching Cue(s):
- Lead with the elbow and pinch the scapulae together

* DO NOT LOCK OUT THE KNEE *
* DO NOT JERK THE BELLS *
SINGLE LEG GLUTE BRIDGE WITH KETTLE BELLS UP

Start Position:
• Place the bell in the palm of the hand
• Feet together with knees bent
• Elbows at a 45 degree angle in relationship to the shoulder
• Kick one leg out and raise the hip with glute activation

Coaching Cue(s):
• Pause with elbows on the floor
• Full extension and squeeze the glutes

* DO NOT ALLOW THE ELBOWS TO EXCEED 90 DEGREES *

* DO NOT ALLOW THE HIPS TO DROP DURING THE EXECUTION *
GLUTE BRIDGE WITH KETTLE BELLS UP

Start Position:
- Place the bell in the palm of the hand
- Feet together or up to 6” apart with knees bent
- Elbows at a 45 degree angle in relationship to the shoulder
- Extend the hip with glute activation by squeezing your glutes

Coaching Cue(s):
- Pause with elbows on the floor
- Full extension and squeeze the glutes

* DO NOT ALLOW THE ELBOWS TO EXCEED 90 DEGREES *
* DO NOT ALLOW THE HIPS TO DROP DURING THE EXECUTION *
KETTLE BELL SUMO DEADLIFT

Start Position:
- Squat down until you can secure the bell (feet wider than shoulder width)
- Lead with a hip hinge (flexion)
- Generate torque with the feet and push the legs out over the knees
- Keep chest up and head neutral with back straight, brace the core
- Push through the floor, while gripping aggressively around the horns and engage the upper back
- Extend the hips until lockout

Coaching Cue(s):
- Push through the heels, engage the upper back to ensure the back is flat

* ALLOW THE KNEES TO COLLAPSE TOWARD MIDLINE *
DOUBLE KETTLE BELL GOBLET SQUAT RACK POS

Start Position:
- Secure both bells with a Sumo stance and set into the rack position (bell cradled in the crease of the elbows)
- Lead with a hip hinge
- Generate torque with the feet and push the legs out over the knees
- Squat down until your hips are below parallel
- Keep chest up and head neutral with back straight

Coaching Cue(s):
- Hip hinge
- Flat back and screw those heels into the surface

* DO NOT ALLOW THE KNEES TO LEAD *

* DO NOT ROUND THE BACK *
DOUBLE KETTLE BELL SUITCASE DEADLIFT

Start Position:
- Squat down until you can secure the bells (feet shoulder width apart)
- Lead with a hip hinge (flexion)
- Generate torque with the feet and push the legs out over the knees
- Keep chest up and head neutral with back straight, brace the core
- Push through the floor, while gripping aggressively around the horns and engage the upper back
- Extend the hips until lockout

Coaching Cue(s):
- Push through the heels, engage the upper back to ensure the back is flat

* ALLOW THE KNEES TO COLLAPSE TOWARD MIDLINE *
KICKSTAND GOBLET SQUAT WITH KETTLE BELL

Start Position:
• Hold the bell by the horns close to your chest
• Place the right foot about 2-4” from the left foot, in the vicinity of the heel on the ball of the foot
• Lead with a hip hinge
• Squat down until your hips are below parallel
• Keep chest up and head neutral with back straight

Coaching Cue(s):
• Hip hinge
• Flat back and keep the heel up throughout the entire movement

* DO NOT ROUND YOUR BACK *
KETTLE BELL GOBLET SQUAT BAND ASSISTED

Start Position:
• Step into the band and allow tension to be generated against the hip to assist with your form
• Secure the bell, lead with your hips
• Generate torque with the feet and push the legs out over the knees
• Squat down until your hips are below parallel
• Keep chest up and head neutral with back straight

Coaching Cues(s):
• Lead with hips and allow the band to assist with proper form

* DO NOT ALLOW THE HEELS TO BREAK THE SURFACE *
**BANDED DOUBLE KETTLE BELL SQUAT**

Start Position:
- Place the 41” band on your traps and spread your feet shoulder width with the band at mid-feet
- Secure both bells with a Sumo stance and place into the rack position (bells in the crease of the elbows)
- Lead with a hip hinge
- Generate torque with the feet and push the legs out over the knees
- Squat down until your hips are below parallel
- Keep chest up and head neutral with back straight

Coaching Cue(s):
- Hip hinge
- Flat back and screw those heels into the surface

* DO NOT ALLOW THE KNEES TO LEAD *

* DO NOT ROUND THE BACK *
BENT LEG RAISE

Start Position:
• Begin with pull up grip (palms away)
• Initiate movement with lower abdominals
• While keeping feet together, raise bent legs to the mid region
• Once you reached the end range, hold for a 1 count and then return to the start position

Coaching Cue(s):
• Slow and control, engage the core and squeeze your grip

* DO NOT USE MOMENTUM *
HANGING SCISSOR LEG RAISE

Start Position:
• Begin with pull up grip (palms away)
• Initiate movement with lower abdominals
• Raise bent leg to the mid region
• Once you reached the end range, hold for a 1 count and then return to the start position

Coaching Cue(s):
• Slow and control, engage the core and squeeze your grip

* DO NOT USE MOMENTUM *
STRAIGHT LEG RAISE

Start Position:
• Begin with pull up grip (palms away)
• Initiate movement with lower abdominals
• While keeping feet together, raise legs to the mid region
• Once you reached the end range, hold for a 1 count and then return to the start position

Coaching Cue(s):
• Slow and control, engage the core and squeeze your grip

* DO NOT ALLOW THE FEET TO SEPARATE *

* DO NOT USE MOMENTUM *
TOES TO BAR

Start Position:
• Begin with pull up grip (palms away)
• Initiate movement with lower abdominals
• While keeping feet together, raise legs to until you touch the bar under control, hold for a 1 count then return to start position

Coaching Cue(s):
• Slow and control, engage the core and squeeze your grip

* DO NOT ALLOW THE FEET TO SEPARATE *

* DO NOT USE MOMENTUM *
WINDSHIELD WIPER

Start Position:
• Begin with pull up grip (palms away)
• Initiate movement with lower abdominals
• While keeping feet together, raise legs to right or left side 45 degrees from the hip
• Once you reached the corner, keep your feet together and shift your legs to the opposite side under control

Coaching Cue(s):
• Slow and control, engage the core and squeeze your grip

* DO NOT ALLOW THE FEET TO SEPARATE *

* DO NOT USE MOMENTUM *
PALLOF PRESS KNEELING HOLD

Start Position:
• Kneeling with 41” band with tension with both hands in vicinity of the sternum
• Press both arms out simultaneously while sustaining tension in the core
• Hold for a 10 count and return, do the same for the opposite side

Coaching Cue(s):
• Engage core, glutes and sustain full extension of the arms

* DO NOT ALLOW THE BODY TO ROTATE *
PALLOFPRESS HALF KNEELING HOLD

Start Position:
- One Knee down and the other posted with 41” band with tension with both hands in vicinity of the sternum
- Press both arms out simultaneously while sustaining tension in the core
- Hold for a 10 count and return, do the same for the opposite side

Coaching Cue(s):
- Engage core, glutes and sustain full extension of the arms

* DO NOT ALLOW THE BODY TO ROTATE *
PALLOF PRESS STANDING HOLD

Start Position:
- Athletic Stance with 41" band with tension with both hands in vicinity of the sternum
- Press both arms out simultaneously while sustaining tension in the core
- Hold for a 1 count and return, do the same for the opposite side

Coaching Cue(s):
- Engage core, glutes and sustain full extension of the arms

* DO NOT ALLOW THE BODY TO ROTATE *
PALLOFPRESS OVERHEAD STANDING HOLD

Start Position:
- Athletic Stance with 41” band with tension with both hands in vicinity of the sternum
- Press both arms out simultaneously while sustaining tension in the core in vicinity of the forehead
- Hold for a 1 count and return, do the same for the opposite side

Coaching Cue(s):
- Engage core, glutes and sustain full extension of the arms

* DO NOT ALLOW THE BODY TO ROTATE *

* DO NOT ALLOW THE ARMS TO GO ABOVE THE HEAD *
WOOD CHOPPER

Start Position:
• Athletic Stance with 41” band with tension with both hands in vicinity of the sternum
• Press both arms out simultaneously while sustaining tension in the core and rotate vigorously, while generating force through the legs
• Hold for a 1 count and return, do the same for the opposite side

Coaching Cue(s):
• Engage core, glutes and sustain full extension of the arms and crush the bug with the back foot

* DO NOT ALLOW THE ARMS TO NOT MOVE AS ONE UNIT *
Barbell

Resistance Bands

Kettle Bells

Human Performance Office MCoE Fort Benning YouTube Link