

		Hip Hinge/Romanian Deadlift	Single Leg Hip Hinge/ Romanian Dead lift, Single Leg, Stiff Leg Deadlift	Split Squat	Squat	Overhead Squat
<b>FUN</b>	<b>Boys: 6-9 Girls: 6-8</b>	Body Weight (Dowel up Spine), Light Weight depending on movement proficiency, Do one legged (Dowel up Spine)	With Dowel	Body Weight, DumbBell	Body Weight: Do Dowel on Shoulders, Goblet	Body Weight (BW), Dowel
<b>L2T</b>	<b>Boys: 9-12 Girls: 8-11</b>	6 RM of .75 BW	6 RM of .2 X BW	Focus on Technique: No goal weight, keep reps above 6 and limit weight to that done with technical proficiency	BW: Light Weight; No weight goal	Dowel, 6RM of .25 X BW
<b>T2T</b>	<b>Males: 12-16 Females: 11-15</b>	Males: 6 RM of .9 BW Females; 6 RM of .75 BW	6 RM of .333 X BW	Dumbbell: 6 RM of .33 BW	BW, Goblet, Back Squat - Goal of 6RM of 1xBW, Prerequisite - technically proficient weighted Hip Hinge	Dowel, 6RM of .25 X BW
<b>L2C</b>	<b>Males: 16-20, Females 15-19</b>	Males: 6 RM of 1 BW Females; 6 RM of .85 BW	Males; 6 RM of .5 X BW Females; .4 X BW	Rear Foot Elevated: Males; 6 RM of 1 X BW Females; 6 RM of .667 X BW	Males; 6 RM of 1 X BW (Full Squat) Females; 6 RM of .75 X BW (Full Squat)	10 RM of .333 x BW
<b>T2C</b>	<b>Males: 20-23, Females: 19-23</b>	Males: 6 RM of 1.1 BW Females; 6 RM of 1 BW	Males; 6 RM of .75X BW Females; .5 X BW	Rear Foot Elevated: Males; 6 RM of 1.2 X BW Females; 6 RM of .9 X BW	Males; 6 RM of 1.6 X BW, Females: 6 RM of 1 X BW	10 RM of .5 X BW Females; .4 X BW
<b>T2W</b>	<b>Males: 23+/-, Females: 23+/-</b>	Males: 6RM of 1.25 X BW, Females: 6 RM of 1.1 X BW	Males; 6 RM of .8 X BW Females; .667 X BW	Rear Foot Elevated: Males; 6 RM of 1.25 X BW Females; 6 RM of 1 X BW	Males; 6 RM of 1.75 X BW, Females: 6 RM of 1.25 X BW	10 RM of .667 X BW Females; .5 X BW
<b>Notes:</b>	<b>Tests are not for time. Athletes have one chance (after warm ups). All goals are dependant on technical proficiency. For beginning at a later age, begin by going through all the stages and progress to next stage as skill/strength allows.</b>					

		Push Up	Bench Press	Inverted Row	Seated Row	Pull Ups
<b>FUN</b>	<b>Boys: 6-9 Girls: 6-8</b>	Body Weight; Wheel Barrows, Bear Walks, Inchworms (Fwd and Out & Back)	/	Use Barbell or Suspension Training Device eg TRX; BW: Bar Set to Allow Athlete 10 to 12 reps	/	2 Strict no body movement
<b>L2T</b>	<b>Boys: 9-12, Girls: 8-11</b>	Male and Female; 15 Strict (Continuous) Push Ups	Males; 6 RM of .5 BW Females: 6 RM of .5 BW	Use Barbell or Suspension Training Device eg TRX; BW: Bar Set to Allow Athlete 10 to 12 reps	Practice Movement perfect technique	Strict no body movement Males; 5 Females; 3
<b>T2T</b>	<b>Males: 12-16, Females: 11-15</b>	Males ; 25 Strict (Continuous) Push Ups Females; 20 Strict Push Ups	Males; 6 RM of .5 BW Females: 6 RM of .5 BW	Use Barbell or Suspension Training Device eg TRX; BW: Bar Set to Allow Athlete 10 to 12 reps	Males; 6 RM of .8 BW Females; 6 RM of .5 BW	Strict no body movement Males; 10 Females; 6
<b>L2C</b>	<b>Males: 16-20 Females 15-19</b>	Males ; 30 Strict (Continuous) Push Ups Females; 25 Strict Push Ups	Males; 6 RM of .8 BW Females: 6 RM of .667 BW	Use Barbell or Suspension Training Device eg TRX; BW: Bar at Hip Height, Maintain 10 to 12 reps	Males; 6 RM of 1 BW Females; 6 RM of .6 BW	Strict no body movement Males; 20 Females; 10
<b>T2C</b>	<b>Males: 20-23 Females: 19-23</b>	Males ; 45 Strict (Continuous) Push Ups Females; 30 Strict Push Ups	Males; 6 RM of .9 BW Females: 6 RM of .75 BW	Use Barbell or Suspension Training Device eg TRX; BW: Bar at about hip Height & Feet on Bench, Maintain 10 to 12 Reps	Males; 6 RM of 1.1 BW Females; 6 RM of .667 BW	Strict no body movement Males; 23 Females; 15
<b>T2W</b>	<b>Males: 23+/- Females: 23+/-</b>	Males ; 50 Strict (Continuous) Push Ups Females; 35 Strict Push Ups	Males; 6 RM of 1 X BW Females: 6 RM of .8 BW	Use Barbell or Suspension Training Device eg TRX; BW: Bar at about hip Height & Feet on Bench, Maintain 10 to 12 reps	Males; 6 RM of 1.25 BW Females; 6 RM of .75 BW	Strict no body movement Males; 25 Females; 18
<b>Notes:</b>	<b>Tests are not for time. Athletes have one chance (after warm ups). All goals are dependant on technical proficiency. For beginning at a later age, begin by going through all the stages and progress to next stage as skill/strength allows.</b>					

## **LINKS FOR VIDEOS**

### **Squat**

<http://www.athletesacceleration.com/mastering-the-squat/>

<http://www.dieselcrew.com/how-to-squat>

### **Overhead Squat**

<http://www.exrx.net/WeightExercises/OlympicLifts/OverheadSquat.html>

### **Split Squat**

<http://www.exrx.net/WeightExercises/GluteusMaximus/BBSplitSquat.html>

### **Dumbbell Split Squat**

<http://www.exrx.net/WeightExercises/GluteusMaximus/DBSplitSquat.html>

### **Push Up**

<http://www.exrx.net/WeightExercises/PectoralSternal/BWPushup.html>

[http://www.youtube.com/watch?v=Eh00\\_rniF8E&NR=1&feature=fvwp](http://www.youtube.com/watch?v=Eh00_rniF8E&NR=1&feature=fvwp)

### **Dumbbell Front Squat**

<http://www.exrx.net/WeightExercises/Quadriceps/DBFrontSquat.html>

### **Romanian Deadlift or Barbell Hip Hinge**

<http://www.exrx.net/WeightExercises/OlympicLifts/RomanianDeadlift.html>

[http://www.youtube.com/watch?v=tFEjgnqBu7Y&feature=player\\_embedded](http://www.youtube.com/watch?v=tFEjgnqBu7Y&feature=player_embedded)

### **Single leg Hip Hinge**

[http://www.functionalmovement.com/exercises/hip\\_hinge\\_single\\_leg\\_with\\_dowel](http://www.functionalmovement.com/exercises/hip_hinge_single_leg_with_dowel)

### **Hip Hinge with weight**

[http://www.functionalmovement.com/exercises/deadlift\\_rnt\\_single\\_leg\\_single\\_arm\\_with\\_kb](http://www.functionalmovement.com/exercises/deadlift_rnt_single_leg_single_arm_with_kb)

### **Double Leg Hip Hinge**

[http://www.beta.functionalmovement.com/exercises/hip\\_hinge\\_double\\_leg\\_with\\_dowel](http://www.beta.functionalmovement.com/exercises/hip_hinge_double_leg_with_dowel)

### **Goblet Squat**

<http://strengthcoachblog.com/2010/08/27/dan-john-was-right-about-goblet-squats/>

### **Bench Press**

<http://www.exrx.net/WeightExercises/PectoralSternal/BBBenchPress.html>

### **Inverted Row**

<http://www.youtube.com/watch?v=iinDb2zf8c8&feature=related>

<http://www.youtube.com/watch?v=1QKQA1drJbk&feature=related>

### **Seated Row**

<http://www.exrx.net/WeightExercises/BackGeneral/CBStraightBackSeatedRow.html>

### **Pull-Ups**

<http://www.livestrong.com/video/5230-wide-pullups/>

<http://stronglifts.com/how-to-do-pull-ups-and-chin-ups-with-proper-technique/>

[http://www.youtube.com/watch?v=HQa7iV9sE\\_w](http://www.youtube.com/watch?v=HQa7iV9sE_w)

[http://www.t-nation.com/free\\_online\\_article/sports\\_body\\_training\\_performance/things\\_you\\_should\\_know\\_how\\_to\\_do\\_1\\_the\\_pullup](http://www.t-nation.com/free_online_article/sports_body_training_performance/things_you_should_know_how_to_do_1_the_pullup)