



TRIBE  
TEAM TRAINING

@ Home 2020

TRIBE

CORE

Welcome to TribeCORE™ @ Home 2020! This mini season is designed to keep our body in shape as we get through this time of social isolation. These sessions are designed with minimal equipment and ease of formula to enable us to maintain our level of conditioning, strength and stability to ensure we hit the ground running when we get into the gym and training with our teams again.

There's plenty of challenge in this package so keep yourself motivated, focused and make sure to call your mates to hold them accountable as well. Maybe even set up a skype conference call for an in-home training session with your team. It's working together that keeps us stay strong and fit. This is also an opportunity to get your loved ones involved with TRIBE, if everyone is at home, there is no excuses 😊!

Stay healthy, stay well and stay safe everyone. We look forward to hearing about all the teams getting back together in their clubs, with their coaches soon and continuing our TRIBE Lifestyle!

From all of us here at TRIBE Team Training® we wish you and your loved one's good health – 3, 2, 1 GO...!

### **Vimeo Support**

Click on the **red** exercise and it will take you straight to the vimeo support videos.

### **Teammate Support**

Reach out to your coach and teammates and organize a time to complete the sessions together. Perhaps you can keep the same days and times as your normal training sessions. You can stream it, jump on Skype, Whatsapp, Facetime...whatever works to stay connected. Have fun with it 😊!

We'd love to see and hear all the creative ways you kept your TRIBE together. Let us know by checking us out at <https://www.facebook.com/tribeteamtraining/>

### **Disclaimer**

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## Warm Up / Mobility Sequences

The Warm Up and Mobility Sequences for TribeCORE™ @ Home 2020 are a series of individual exercises posted on vimeo. Please click on the **red** exercises to take you to [vimeo.com/tribeteamtraining](https://vimeo.com/tribeteamtraining) for full descriptions on how to safely perform each exercise.

These descriptions give us a full description of:

- Name of the Exercise
- Benefit of the Exercise
- Start Position
- Motion
- Common faults to watch out for
- Cues that you can use to remind yourself of perfect form
- Progressions and Regressions of the exercise using Range of Motion, Load or Speed

Watch them a few times first. Practice them within your own personal range of motion and slower speed to gain a firm handle on the movement. Remember, your safety is paramount, if you have any injuries, are experiencing any pain, shortness of breath or any other concerns, please STOP and talk to your doctor. You agree that you are exercising at your own risk.

### Warm Up Sequence

30secs x 2

**Lateral Lunges**

**Mountain Climbers**

**Scorpion Bridges**

**Trans Squats**

**Side Plank Drivers** (½ L / ½ R)

**Torso Rolls**

(L/R) = (L) Left side of the body. (R) Right side of the body.

### Warm Up Sequence

The objective of these exercises is to prepare the body for movement. Perform two 30sec rounds of each exercise listed from top to bottom (see above for details).

### Mobility Sequence

The objective of these exercises is to prepare the body for regeneration and to increase mobility. Our goal is to create greater self-awareness for greater overall individual benefit. If you need more time on any given exercise, keep working on that exercise and perform the next mobility exercise when ready. You will have 6mins to perform continuous rounds of each listed exercise (see above for details) at your own pace.

### Mobility Sequence

6mins of

12.5m **Cross Body Toe Touches**

12.5m **Knee Hugs**

5 Torso Rolls

5 **Hip Rolls**

5 **Kneeling Openers (Lat.)** (L/R)

	Round One = 6mins	
1	2	3
5 Trans Squats	5 Lateral Lunges	5 Step Lunges
5 Mountain Climbers	5 Side Plank Drivers (L/R)	5 Toe Taps
5 Scorpion Bridges	5 Bridges	5 Extensions (L/R)
	Round Two = 60secs of	
1	2	3
Trans Squats	Lateral Lunges	Step Lunges
Mountain Climbers	Side Plank Drivers (½ L / ½ R)	Toe Taps
Scorpion Bridges	Bridges	Extensions (½ L / ½ R)

**Training Objective**

Today we focus on targeting the back, bum, belly and shoulders using two different formulas to develop conditioning strength and stability.

**Warm Up Sequence**

6mins

See Warm Up/Mobility Sequences page and vimeo.

**Formula**

30mins

There are three stations that are to be performed twice, using different times and rep counts each round.

**Round One**

Station One – For 6mins perform continuous rounds of 5 Trans Squats, 5 Mountain Climbers and 5 Scorpion Bridges. At the end of 6mins take a 30secs rest. Advance to Station Two.

Stations Two and Three – Both stations share the same formula as Station One using different exercises. See above for details. Allow 30secs rest between stations. At the end of Station Three allow 60secs rest and move to round two.

**Round Two**

Station One – Perform 60secs of each exercise from top to bottom. Allow 30secs rest. Advance to Station Two.

Stations Two and Three – Both stations share the same formula as Station One using different exercises. See above for details. Allow 30secs rest between stations.

Once the stations are complete, move straight to the mobility sequence.

**Mobility Sequence**

6mins

See Warm Up/Mobility Sequences page and vimeo for full delivery.

**Session Tips**

- ✦ Take time before starting the session to familiarize yourself with all exercise techniques. It is important the positioning and quality of movement is your primary focus. Use a full-length mirror if you have one to check your technique to ensure that you are moving safely.
- ✦ Go back and watch the vimeo video if you are unclear and refer to the technique section below. Performance can only come from safe positioning. Safety first!
- ✦ At any time, you can RESET your positioning for quality of movement. It is important to be aware of your movements. If you feel or see any common faults occurring; Stop – Reposition – Count to 5 and go again if you are confident that you are moving well 😊.
- ✦ Each of the sessions are designed with body weight only exercises to ensure we can workout at home. That being said, if you have some DB's at home, and you are familiar with the exercises from previous seasons you can safely add some external load to some of the exercises by simply holding the DB's in each hand. If you wanted to do this, please contact your TRIBE Coach first for their recommendation and guidance.
- ✦ It is hugely important that we connect with our teammates during this time. Reach out to everyone as soon as you have completed each session and reach out to others to make sure they are completing theirs! In TRIBE our accountability is shared. When we are accountable to someone else's success, we always hold ourselves to a higher standard.

	Round One = 30secs 4x Round Two = 30secs 2x	
1	2	3
Trans Squats	Step Lunges	Lateral Lunges
Scorpion Bridges	Extensions (½ L / ½ R)	Bridge Steps
Scorpion Planks	Toe Taps	Side Plank Drivers (½ L / ½ R)

**Training Objective**

To use a formula that decreases in volume over two rounds to enable constant movement over an extended time to increase conditioning, strength and stability.

Take a few moments to introduce and welcome any new members to the team.

**Warm Up Sequence**

6mins

**Formula**

30mins

There are three stations that are to be completed twice using a different formula for each round.

**Round One**

Station One – Perform 30secs of each exercise listed, four times. See above for details. Allow 30secs rest. Advance to Station Two.

Stations Two and Three – Both stations share the same formula as Station One using different exercises. See above for details. Allow 30secs rest between stations. At the end of Station Three allow 60secs rest and move to the next round.

**Round Two**

Station One – Perform 30secs of each exercise listed, twice. See above for details. Allow 30secs rest. Advance to Station Two.

Stations Two and Three – Both stations share the same formula as Station One using different exercises. See above for details. Allow 30secs rest between stations.

Once the stations are complete, move straight to the mobility sequence.

**Mobility Sequence**

6mins

**Session Tips**

- ✦ Before starting each station be sure to familiarize yourself with each new exercise in red. All you need to do is click on the exercise and it will take you straight to the exercise video. Watch the video and practice each exercise in that station.
- ✦ By becoming familiar at the start, it will allow you to stick to time without worrying about the next exercise or having too much downtime between exercises.
- ✦ To get the most benefit out of this formula, timing is very important. We want to use very slow and purposeful movements in round one. This safely increases the stress on the muscles which increases muscle fatigue. With muscle fatigue, we require increased stability, increased strength and increased oxygen distributed through to the muscles (therefore it leads to increased conditioning) – this is what will ultimately get us the results.
- ✦ Remember that it is important to self-coach and ensure that you are moving with integrity. Reset at any time. Safety and quality movement first.
- ✦ As you start the second round, you will already be fatigued, look to increase range of motion if your technique allows safe movement, knowing that each station is half the length in time from round one.
- ✦ Put a timer on your phone and have a great session – 3, 2, 1 Go!

Round One = 5mins ATAC Round Two = 5 ½ mins Max		
1	2	3
12.5m <b>Traveling Squats</b>	5 Lateral Lunges	5 Step Lunges
5 Side Plank Drivers (L/R)	5 Scorpion Planks	5 Toe Taps
5 Bridge Steps	5 Scorpion Bridges	5 Extension (L/R)

**Training Objective**

To use a target-based formula designed to inspire performance over an extended time to develop conditioning, strength and stability.

**Warm Up Sequence**

6mins

**Formula**

30mins

There are three stations that are to be completed twice using a different formula for each round.

**Round One**

Station One – For 5mins using our ATAC formula perform continuous rounds of 12.5m of Traveling Squats, 5 Side Plank Drivers and 5 Bridge Steps. At the end of 5mins allow a 30sec rest and take note of your score. Advance to Station Two.

**Note** – Your score is the total number of rounds achieved within 5mins.

Stations Two and Three – Both stations share the same formula as Station One using different exercises. See above for details. Allow 30secs rest between stations. At the end of Station Three allow 60secs rest and move to the next round.

**Round Two**

Station One – You have 5 ½ mins Max to reach the same score as performed in Station One, Round One. If this is achieved within 5 ½ mins, you will stop and move to Station Two.

**Note** – If you don't complete within 5 ½ mins, that is ok – Awesome effort!

Stations Two and Three – Both stations share the same formula as Station One using different exercises. See above for details. Allow 30secs rest between stations.

Once the stations are complete, move straight to the mobility sequence.

**Mobility Sequence**

6mins

**Session Tips**

- ✳ You only have one new exercise in this session. Be sure to familiarize yourself with the Traveling Squats by clicking on the exercise to take you straight to the exercise video. Watch the video and practice it well before beginning.
- ✳ As mentioned previously, by becoming familiar with each exercise at the start, it will allow you to move seamlessly between exercises without worrying about what is coming up next or having too much downtime between exercises.
- ✳ Really focus on your range of motion in this formula. As always, the quality of motion and positioning are your indicators to either progress the movement by adding more range or speed... or to regress the movement if you feel positioning is compromised. Always reset as soon as you feel this happen.
- ✳ Target-based formulas are always great fun. This is a great formula to reach out to your teammates and ask them how they did and what time they got in round two. As we are all setting our own targets in round one, we have created a level playing field for our targets in round two. Have some fun with this one 😊!

1	2	3
9mins of	60secs 3x	9mins Max
3 / 4 / 5 / 6 / 7...	Traveling Squats	...? / 7 / 6 / 5 / 4 / 3
Lateral Lunges	Scorpion Planks	Step Lunges
Prone Twists	Bridges	Mountain Climbers
Bridge Steps		Scorpion Bridges

### Training Objective

To use another target-based formula to continue developing conditioning, strength and stability.

### Warm Up Sequence

6mins

### Formula

29mins

There are three stations that are to be completed once.

### Round One

Station One – Perform 3 reps of each exercise listed followed by 4 reps of each, then 5 reps of each continuously ascending for 9mins. At the end of 9mins allow 60secs rest and record your score. This will be the highest completed repetition round, plus the completed exercises on the incomplete round. For example: If JP completes a full round of 8 reps of each exercise plus 9 Lateral Lunges on the incomplete round, his score will be 8½. Advance to Station Two.

Station Two – Perform 60secs of each exercise listed, three times. At the end of the third round allow 60secs rest. Advance to Station Three.

Station Three – Starting from your score in Station One (for JP that would be 8½), you have 9mins Max to work backwards in a descending repetition count until you have performed 3 reps of each exercise. If this is completed within 9mins you will stop, if the 9mins expires before completing your score, you will stop at 9mins.

Once the stations are complete, move straight to the mobility sequence.

### Mobility Sequence

6mins

### Session Tips

- ✦ This is a great session to get the heart rate up and move with precision and consistency.
- ✦ You only have one new exercise in this session. Familiarize yourself with the Prone Twists by clicking on the exercise to take you straight to the exercise video. Watch the video and practice it well before beginning.
- ✦ Take note of each exercise in each station to allow you to move seamlessly between exercises without worrying about what is coming up next.
- ✦ Station One uses an escalating density formula. This means the pressure on the muscles progressively increases each round because your repetitions increase each round. There is no need to race through this one. Challenge yourself through range of motion and focus on a steady tempo of movement. This means a controlled movement with even timing. Our focus is constant movement.
- ✦ In Station Two we want to continue to use slow and purposeful movements. When we do this, we create even pressure on the muscles eccentrically (lengthening the muscles under stress) as we do concentrically (shortening the muscles under stress). This has a huge added benefit of strengthening the connective tissue which helps create a stronger body that has more control.
- ✦ Once we get to Station Three, we will be fatigued. By now we know that this is okay if we continue to work with movement integrity. We have taken this into consideration and each of the exercises in Station Three either take less time to perform or require less effort to perform than the reciprocal exercise in Station One. This evens the formula out and makes for a challenging but achievable target.

1	2	3
45secs / 15secs	45secs / 15secs	45secs / 15secs
Traveling Squats	Step Lunges	Lateral Lunges
Scorpion Plank Drivers (½ L / ½ R)	Prone Twists	Extensions (½ L / ½ R)
Bridge Steps	Bridges	Scorpion Bridges
	3x	

**Training Objective**

To continue developing conditioning, stability and strength.

**Warm Up Sequence**

6mins

**Formula**

31mins

There are three stations that are to be completed three times.

Station One – Perform 45secs of Traveling Squats followed by 15secs rest, then 45secs of Push Ups followed by 15secs rest, 45secs of Bridge Steps followed by 15secs rest. Upon completion, advance to Station Two.

**Note** – Notice that there are built-in rest times during the exercises however there is **no rest** between stations if quality of movement allows.

Stations Two and Three – Both stations share the same formula as Station One using different exercises. There is no rest between stations. At the end of Station Three **allow 2mins rest** then repeat the formula two more times using the same formula and rest times each round.

Once the stations are complete, move straight to the mobility sequence.

**Mobility Sequence**

6mins

**Session Tips**

- ✦ There are no new exercises today, however review and practice each of them before you start so that you can move from one exercise to the next seamlessly.
- ✦ Take note that the time transitions are important to manage. Make sure you can see the exercises for each station so that you focus on time without wondering what exercise is coming up next – keeps everything in flow.
- ✦ There are no repetitions to aim for as it is time based, however in saying that, we always aim to make each rep perfect in technique and movement.
- ✦ Even though there is a built-in 15sec rest after each exercise, you will be completing all three stations before your 2mins rest. Remember to reset at any time and before common faults occur, it is always quality of movement that counts the most.
- ✦ Each round will become more fluid and the exercises will become more seamless. Continue to focus on quality movement and a consistent tempo for each rep and slowly add more range of motion.
- ✦ As we enter round three, we will have a good understanding of the exercises coming up, and how they feel on the body. Look for opportunities to safely challenge yourself in this round. If there are some exercises that we know we can handle for the full 45secs you can add more speed or range of motion to ensure you meet your training potential.
- ✦ We have put a full 2mins rest at the end of each round to allow for everyone to reach their full training potential.



1	2
40secs 2x	40secs 2x
Traveling Squats	Lateral Lunges
Prone Twists	Extensions (½ L / ½ R)
Scorpion Bridges	Bridge Steps
3	4
40secs 2x	40secs 2x
Trans Squats	Step Lunges
Side Plank Drivers (½ L / ½ R)	Scorpion Planks
Toe Taps	Bridges
2x	

### Training Objective

To maintain our development focus of conditioning, strength and stability.

### Warm Up Sequence

6mins

### Formula

36mins

There are four stations that all share the same formula and are to be completed twice through.

Station One – Perform 40secs of each exercise listed from top to bottom, twice. Allow 30secs rest. Advance to Station Two.

Stations Two, Three and Four – All stations share the same formula as Station One using different exercises. See above for details. Allow 30secs rest between stations. At the end of Station Four allow 60secs rest and repeat all four stations one more time.

Once the stations are complete, move straight to the mobility sequence.

### Mobility Sequence

6mins

### Session Tips

- ✦ Firstly, congratulations on keeping your training up – Brilliant! We are stoked for you!
- ✦ Before starting this session, reach out to your teammates that you may not have had contact with for a little while. Ask them how they are going, are they at Session 6 yet? For those that aren't you can add some guidance about the sessions you have done and what to expect. You can even jump on facetime, skype, whatsapp and coach them through it 😊. Have fun with it!
- ✦ At first this session will seem to fly by. 40secs goes quickly and can be difficult to manage at first. Don't worry too much if your timing is slightly out. An easy way to keep track is to remember each station is a total of 4mins. If you find yourself still going after 4mins, stop and rest before the next station.
- ✦ Continue to move with great technique and you'll feel the incredible difference the past three weeks has made on your body.
- ✦ Please share your awesome experience with us! Your amazing commitment to your health, fitness and to your TRIBE is outstanding! We want to hear about all the creative ways you stayed connected.
- ✦ Also send us your reunion photos from when you get together with your teams for the first time 😊. We can't wait to see them all!

Again team, stay well, stay healthy, stay happy and look after your loved ones! From all of us here at TRIBE Team Training®, thank you for what you do!

Click on the EXERCISE TITLE below to link you directly to the vimeo video for the latest exercises and technique tips. The descriptions are brief outlines of the correct execution of the exercise movements. Once the information from these notes and the technique videos have been integrated, you will have the confidence to try each new exercise and ensure safe and efficient movement. If in doubt, follow the advice of your TRIBE Coach, or doctor if you are experiencing any pain or discomfort.

## BRIDGE

### BENEFIT

Pelvis and hip stability and control. Posterior chain.

### START POSITION

Lie supine. Feet flat. Knees bent. Palms up.

### MOTION

Roll pelvis up towards chest lifting one vertebra at a time until in neutral position. Engage the hamstrings. Reverse motion back down to start position.

### REPETITION COUNT

Start position to start position equals one rep. Perform for reps or time.

### COMMON FAULTS

Hinging not rolling pelvis. Not controlling both eccentric and concentric phase. Rounded shoulders with palms down. Excessive lumbar extension.

### CUES

Drive feet back towards hips. Drive knees forward. Control.

### REGRESSION / PROGRESSION

Range of motion. Load.

## BRIDGE STEP

### BENEFIT

Hip stability. Anti-rotational benefits. Frontal plane stability. Strengthening posterior and lateral core.

### START POSITION

Lie supine. Knees bent. Both feet flat on floor at arm's length. Palms up.

### MOTION

Move up into a bridge position. Lift L foot off the floor then return foot back to floor. Continue alternating feet while holding bridge position.

### REPETITION COUNT

L / R equals one rep. Perform for reps or time.

### COMMON FAULTS

Loss of position by hips dropping, hips twisting, or excessive lumbar extension. Pressing through toes, not heels. Palms rolling in.

### CUES

Keep hips up. Slow control in step motion. Keep hips square. Palms up. Shoulders down.

### REGRESSION / PROGRESSION

## CROSS BODY TOE TOUCH

### BENEFIT

Movement preparation. Hip mobility. Thoracic mobility.

### START POSITION

TRIBE Ready Stance. Face path of travel.

### MOTION

Step forward with L leg into hip extension, sink back into L hip and reach your R hand towards the L foot. Return to start position and repeat with opposite limbs.

### REPETITION COUNT

Perform for time or distance.

### COMMON FAULTS

Excessive spinal flexion. Timing.

### CUES

Long spine. Lead with the hip. Open rib cage. Reach from the scapula.

### REGRESSION / PROGRESSION

Range of motion.

## EXTENSION

### BENEFIT

Posterior chain. Shoulder and hip stability. Spiral line.

### START POSITION

Begin supine. Feet flat. Retract shoulders. Lift hips. R palm on floor. L elbow between knees.

### MOTION

Extend both hips towards the ceiling while reaching L arm 45 degrees over the R shoulder. Allow eyes to follow. Return to start position and repeat. Technique is the same for both sides of the body.

### REPETITION COUNT

Start position to start position equals one rep. Perform both R and L directions. Perform for reps or time.

### COMMON FAULTS

Elevated shoulders. Excessive extension in the end position.

### CUES

Long body. Extension is in the hips. Rotate through thoracic spine.

### REGRESSION / PROGRESSION

Range of motion.

## HIP ROLL

### BENEFIT

Movement preparation. Hip mobility.

### START POSITION

Feet flat on floor. Knees bent. Arms straight. Hands on the floor.

### MOTION

Roll hips over to L side then to R side.

### REPETITION COUNT

L / R equals one rep. Perform for reps or time.

### COMMON FAULTS

Loss of control. Flexion through spine.

### CUES

Tall through the spine. Shoulders down. Fluid through the hips.

### REGRESSION / PROGRESSION

Speed. Range of motion.

## KNEE HUG

### BENEFIT

Hip mobility. Movement preparation.

### START POSITION

TRIBE Ready Stance. Face path of travel.

### MOTION

Lift R knee up towards chest, hug knee at apex of movement and step forward. Repeat on L side.

### REPETITION COUNT

Perform for distance or time.

### COMMON FAULTS

Shoulders moving towards knee. Excessive spinal flexion. Losing balance.

### CUES

Long spine. Shoulders down. Ears above shoulders. Slow down. Control the movement.

### REGRESSION / PROGRESSION

Range of motion.

## KNEELING OPENER (LAT.) LATERAL LINE

### BENEFIT

Movement preparation. Frontal line. Lateral line.

### START POSITION

Kneeling split stance. L foot in front. R hand up next to shoulder.

### MOTION

Rock forward and open the R hip. Extend R hand up and over head. Driving hips in opposite direction of hand. Return to start position.

### REPETITION COUNT

Start position to start position equals one rep. Perform on both sides. Perform for reps or time.

### COMMON FAULTS

Excessive lumbar extension. Excessive spinal flexion.

### CUES

Extension comes from hips. Rotation comes from the rib cage up. Long spine. Control.

### REGRESSION / PROGRESSION

Range of motion.

## LATERAL LUNGE

### BENEFIT

Total body integration. High metabolic demand. Hip mobility and stability through frontal plane.

### START POSITION

TRIBE Ready Stance.

### MOTION

Step laterally and sink into the R hip. Return to start position, repeat in opposite direction.

### REPETITION COUNT

Start position to start position L / R equals one rep. Perform for reps or time.

### COMMON FAULTS

Not staying in frontal plane. Not leading with hips. Excessive spinal flexion. Knees driving over toes.

### CUES

Long spine. Move from hips. Chest high. Feet facing forward.

### REGRESSION / PROGRESSION

Range of motion. Speed.

## MOUNTAIN CLIMBER

### BENEFIT

Full body integration. High metabolic demand. Hip stability. Shoulder stability. Anterior core.

### START POSITION

Straight arm plank position. R knee beside R elbow.

### MOTION

Alternate knee drive towards chest.

### REPETITION COUNT

R / L equals one rep. Perform for reps or time.

### COMMON FAULTS

Shoulders not staying directly above the hands. Excessive lumbar flexion. Hips pike up. Slumping through shoulders.

### CUES

Shoulders over hands. Shoulder blades retracted. Long spine. Neutral set.

### REGRESSION / PROGRESSION

Range of motion. Speed.

## PRONE TWIST

### BENEFIT

Superficial spiral line. Lateral core. Anterior core. Shoulder stability. Thoracic mobility.

### START POSITION

Four-point prone position.

### MOTION

Elevate knees and rotate hips to the L. Shoulders stay above hands. Drop hips towards floor. Return to start and repeat on other side.

### REPETITION COUNT

L / R equals one rep. Perform for reps or time.

### COMMON FAULTS

Elevated shoulders. Loss of position. Loss of control.

### CUES

Long spine. Maintain forward position. Rotate from hips. Shoulders stay over hands.

### REGRESSION / PROGRESSION

Load (time under tension).

## SCORPION BRIDGE

### BENEFIT

Strength and control through posterior chain and spiral line. Hip stability. Hip mobility. Thoracic mobility.

### START POSITION

Lie supine with knees bent. Palms up.

### MOTION

Lift hips vertically, reach L arm up over R shoulder with slight rotation and return. Repeat on other side.

### REPETITION COUNT

L / R equals one rep. Perform for reps or time.

### COMMON FAULTS

Excessive lumbar extension. Pushing off hand by turning palm down. Pushing off the feet and losing alignment.

### CUES

Hips stay tucked under (posterior pelvic tilt). Lift with hips.

### REGRESSION / PROGRESSION

Time under tension. Range of motion.

## SCORPION PLANK

### BENEFIT

Anterior core. Shoulder mobility, stability and control.

### START POSITION

Straight arm plank position. Hands shoulder width.

### MOTION

Raise hips into the pike position while lifting L leg up. Once in high pike, return to start position and repeat lifting R leg.

### REPETITION COUNT

Every time the hips elevate equals one rep. Perform for reps or time.

### COMMON FAULTS

Shoulders elevated. Excessive lumbar extension in plank position. Excessive thoracic flexion in pike position. Twisting of hips.

### CUES

Shoulders away from ears. Long spine. Maintain neutral. Tension in midsection.

### REGRESSION / PROGRESSION

Range of motion. Time under tension.

## SIDE PLANK DRIVER

### BENEFIT

Lateral core. Shoulder stability. Thoracic mobility. Lateral and spiral lines.

### START POSITION

Lie on L side. Elbow under shoulder. Hips up. Split stance with bottom foot in front of top foot.

### MOTION

Reach out at 45 degrees from planted elbow in twisting motion from ribcage. Return to start position. Perform on both sides.

### REPETITION COUNT

Start to start equals one rep. Perform on both sides of the body. Perform for reps or time.

### COMMON FAULTS

Loss of position through legs. Not leading from thoracic spine. Shrugging of shoulders. Shoulders away from ears.

### CUES

Shoulders away from ears. Long spine. Lead reaching arm with thoracic spine. Reach on a 45degree angle.

### REGRESSION / PROGRESSION

Load (time under tension). Range of motion.

## STEP LUNGE

### BENEFIT

Total body integration. High metabolic demand. Unilateral stability.

### START POSITION

TRIBE Ready Stance.

### MOTION

Step R leg forwards and bend to 90 degrees while bending back knee to 90 degrees towards floor. Shoulders stay stacked above hips. Repeat on opposite side.

### REPETITION COUNT

L / R equals one. Perform for reps or time.

### COMMON FAULTS

Excessive spinal flexion. Hip instability in frontal plane. Knees over toes and not maintaining right angle in front leg.

### CUES

Hips level with floor. Shoulders above hips in long spine. Knee above ankle on front leg.

### REGRESSION / PROGRESSION

Range of motion. Speed.



## TOE TAP

### BENEFIT

Anterior core. Hip stability.

### START POSITION

Lie supine. Spine in neutral. Palms up. Brace the tummy. Feet up off the floor in a 'hook' position (90 degrees at the hips and knees).

### MOTION

From the hip, lower L foot down to the floor, return to start position. Repeat on the R side.

### REPETITION COUNT

L / R equals one rep. Perform for reps or time.

### COMMON FAULTS

Losing the integrity of the neutral set position. Excessive lumbar extension. Palms facing down with shoulder rolling over. Loss of control and timing.

### CUES

Long spine. Brace your belly. Palms up. Stabilize the hips. Move with control. Moving from the hip.

### REGRESSION / PROGRESSION

Load (time under tension).

## TORSO ROLL

### BENEFIT

Movement preparation. Thoracic mobility. Superficial spiral line.

### START POSITION

Lying flat in prone position. Arms extended above head.

### MOTION

Sweep L arm out in line with L shoulder and bend L knee out to the side. L arm and L shoulder twisting torso into supine position, separating upper and lower body. Return to start position and repeat on the opposite side.

### REPETITION COUNT

L / R equals one rep. Perform for reps or time.

### COMMON FAULTS

Loss of control. Not creating separation between upper and lower body.

### CUES

Long and strong. Separate ribs from hips. Smooth fluid movements. Control. Only reach as far as you can while maintaining form.

### REGRESSION / PROGRESSION

Range of motion.

## TRANS SQUAT

### BENEFIT

Total body integration. High metabolic demand. Hip mobility and stability.

### START POSITION

TRIBE Ready Stance.

### MOTION

Step L foot out into transverse footprint. Sit down and back with hips. Return to start position and repeat on other side.

### REPETITION COUNT

Each squat equals one rep. Perform for reps or time.

### COMMON FAULTS

Not stepping into transverse footprint. Not leading with hips into squat. Excessive flexion.

### CUES

Step out into trans footprint. Move from hips. Chest high. Long spine.

### REGRESSION / PROGRESSION

Range of motion. Speed.

## TRAVELING SQUAT

### BENEFIT

Full body integration. Hip mobility. Hip stability.

### START POSITION

TRIBE Ready Stance facing path of travel.

### MOTION

Step L foot forward, toes pointing in line of travel. Turn R foot out 45 degrees leaving a trans foot print. Drop into a squat. Stand and step forward with R foot pointing toes in line of travel. Turn L toes out 45 degrees. Drop into a squat. Continue alternating lead foot.

### REPETITION COUNT

Perform for distance or time.

### COMMON FAULTS

Not leading with hips. Excessive spinal flexion. Loss of control.

### CUES

Lead with the hips. Long spine. Externally rotated hip position. Control.

### REGRESSION / PROGRESSION

Range of motion. Speed.