



TRIBE  
TEAM TRAINING



TRIBE  
**FIT**

@ home 2020

Welcome to TribeFIT™ @ Home 2020! This mini season is designed to keep our body in shape as we get through this time of social isolation. It is designed to enable you to maintain your TRIBE Lifestyle, all be it in a remote manner. This will keep all the benefits you have gained from TRIBE so far and enable you to slot back into your usual team training environment once we get back into the gym and our lives are back in sync with our usual routine.

This little package that you can do at home packs a big punch 😊. We focus developing stability, mobility, relative strength and stamina. Be sure to connect with your TRIBE Coach and your teammates. Set up virtual training sessions via facetime or any other media platform. Please share your ideas with us, let's see how creative we can get out there!

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 the 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**

*TRIBE Team Training® Limited (TTTL), a company registered in New Zealand, is the owner of all intellectual property associated with TRIBE Team Training®. TTTL does not assume, or is in any way liable or responsible for your use of the TRIBE Programs. You indemnify TTTL (and any employee, contractor or related party) for all claims for damage or loss caused directly or indirectly by your use of any program within any of the TRIBE Team Training® Programs You are exercising at your own risk.*

WARM UP	WORKOUT	SCORE
2mins <b>Jump Rope</b>	1	
30secs <b>Walking Lunges</b> 2x	15mins ATAC	
30secs <b>Skips</b>	100 Jump Rope	
10 <b>Animal Squats</b>	25m Walking Lunges	
10 <b>Drop Squats</b>	5 <b>Extensions</b> (L/R)	
10 <b>Push Ups</b>	10 Push Ups	
5 <b>Rainbow Rolls</b> (L/R)	2	
	15mins Max	<b>TIME</b>
	100 Jump Rope	
	15 Drop Squats	
	10 <b>Scorpion Bridges</b>	
	10 Animal Squats	

### Training Objective

To start our TribeFIT @ Home mini season focusing on stability, mobility, relative strength and stamina.

### Warm Up

To Warm up, perform 2mins of Jump Rope (if you don't have a Jump Rope, you can pretend to hold a rope and hop on the spot mimicking the rope passing overhead). Then complete two rounds of 30secs of Walking Lunges and 30secs of Skips. After the second round complete 10 Animal Squats, 10 Drop Squats, 10 Push Ups and 5 Rainbows Rolls (L/R).

### Formula

Time 30mins

There are two stations to be completed.

Station One – For 15mins using our ATAC formula (As many Times As you Can), perform continuous rounds of the exercises listed from top to bottom. See above for details. At the end of 15mins allow 60secs rest and take note of your score. Advance to Station Two.

**Score** – This will be the number of completed rounds plus the completed exercises on the incomplete round. E.g. If Bridget completed 9 rounds of all four exercises, plus 100 Jump Rope and 25m of Walking Lunges. Her score will be 9½.

Station Two – You have 15mins Max to achieve the same score as performed in Station One. If this is achieved within 15mins you will stop. If you have not reached your goal within 15mins you will stop.

### Session Tips

- ✦ Be sure to click on all the exercises in red. This will give you all the information you need to understand how to perform the exercises. Please be sure to take a few minutes to practice each in front of a mirror if you can before you begin.
- ✦ We have two stations in the session. The first station is created to establish a target that you will try to match or beat in the second station. With Station One being target-based, please take note that quality of movement and perfect technique take precedent. Performance can only safely come from sound position and quality of movement.
- ✦ A great way to ensure that each repetition is quality, reset any time you notice a common fault appear. This means; Stop – Reposition – Count to 5 and go again once you are confident that you can move well again.
- ✦ A fun way to interact with your teammates and coach is to reach out to see what their score and times were. A bit of friendly competition is a great way for everyone to feel accountable to their team to perform! Plus, it makes sure your Coaches are doing it also 😊!
- ✦ Another option is to create a group text/chat etc... This way you can all pick a time to start together then post your scores form Station One during the 60sec rest. Then start Station Two together, when someone finishes, they send a message to the team. Without knowing how far anyone is through their goal it will create a bit of banter and friendly competition.



WARM UP	WORKOUT	TIME
2mins Jump Rope	1	
30secs Walking Lunges	150 Jump Rope	
30secs Skips	25m Walking Lunges	4x
10 Animal Squats	12 Scorpion Bridges	
10 Drop Squats	12 Animal Squats	
10 Push Ups	2	
5 Rainbow Rolls (L/R)	100 Jump Rope	
	15 Drop Squats	
	10 <b>DB Swings</b>	4x
	10 Push Ups	
	3	
	50 Jump Rope	
	10 <b>Plyo Lunges</b>	4x
	8 Extensions (L/R)	
	8 <b>Animal Push Ups</b>	

### Training Objective

To continue our training focus of developing stability, mobility, relative strength and stamina.

### Warm Up

Follow the Warm-Up above before you begin.

### Formula

Max Time 30mins

There are three stations to be completed four times each. **Note** – See Session Tips for DB Swing equipment options.

Station One – Perform each of the exercises listed from top to bottom, four times. Advance to Station Two.

Stations Two and Three – both stations share the same formula as Station One using different exercises and reps. See above for details.

Record your time as you complete the formula. There is a 30min time limit on this formula and if you don't complete within 30mins, that is ok, give yourself a time score of 30mins.

### Session Tips

- ☛ You have three new exercises in this session. Be sure to familiarize yourself by clicking on the exercise to take you straight to the exercise video. Watch the video and practice it well before beginning.
- ☛ Become 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.
- ☛ If you don't have any DB's at home, not to worry. You can simply fill up two bottles with water or sand and make sure they are evenly filled. Hold one in each hand. It doesn't matter if they are not very heavy, our primary purpose for this exercise is to balance the stress on the body and to ensure we are activating all our muscles groups. Get creative and share what you come up with, we'd love to see it! If you are unsure you should reach out to your TRIBE Coach for advice.
- ☛ As always, make sure that your positioning and quality of movement is accurate before challenging your performance. If you are happy with your form, challenge yourself by slightly increasing range of motion first, before adding any more speed.
- ☛ Remember; reset any time you notice a common fault appear. This means; Stop – Reposition – Count to 5 and go again once you are confident that you can move well again.
- ☛ Also don't forget to post your time on the group chat so that everyone can share theirs too 😊.

WARM UP		1	2	SCORE
2mins Jump Rope		8mins ATAC	8mins ATAC	1 2 3
30secs Walking Lunges	2x	75 Jump Rope	75 Jump Rope	
30secs Skips		(A) 12 Plyo Lunges	(A) 12.5m Split Lunges	
10 Animal Squats		(B) 8 DB Swings	(B) 8 Scorpion Bridges	
10 Drop Squats		(C) 8 Animal Push Ups	(C) Atomic Push Ups	
10 Push Ups		3	4	TIME
5 Rainbow Rolls (L/R)		8mins ATAC	8mins Max	
		75 Jump Rope	75 Jump Rope	
		(A) 12 Drop Squats	(A) ?	
		(B) 8 Extensions (L/R)	(B) ?	
		(C) 8 Animal Squats	(C) ?	

### Training Objective

To introduce another formula variation for our TribeFIT™ @ Home sessions as we continue to focus on stability, mobility, relative strength and stamina.

### Warm Up

Follow the Warm-Up above before you begin.

### Formula

35mins

There are four stations that are to be complete once each.

Station One – For 8mins using our ATAC formula (As many Times As you Can) perform continuous rounds of the exercises listed from top to bottom. At the end of 8mins allow 60secs rest and record your score. 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 60secs rest between stations and record scores. At the end of Station Three allow 60secs rest and select your formula for Station Four and begin.

Station Four – This is the fun stuff – We have left it up to you to select an A, B and C exercise to complete your preferred exercises for Station Four.

**The catch?** You must choose one of the three options for (A). For example, Plyo Lunges, Split Lunges or Drop Squats, then one of the three options for (B) and lastly, one of the three options for (C) AND they must be chosen from different stations.

**Want a challenge?** Once selected, you will have 8mins Max to perform one more exercise than your highest score from the first three stations. For example: If Jesse completed 6 rounds on Station One, 5 ½ rounds on Station Two and 6 rounds on Station Three, his highest score is: 6. Therefore, Jesse must complete 6 rounds plus the 75 Jump Rope on his 7<sup>th</sup> round to meet the challenge. Have fun with this one team!

Record your time as you complete Station Four. There is an 8min time limit on this formula and those who do not complete within 8mins will stop and give yourself a time score of 8mins.

### Session Tips

- ✦ With two dynamic new exercises to learn, be sure to watch the videos for full understanding and be sure to practice each in front of a mirror (if you can) before you start.
- ✦ Also, if necessary, after your Warm- Up, practice any of the exercises in black that you may need to review. This will allow you to move seamlessly between the exercises in each station and to ensure that there isn't wasted time trying to figure out what is coming up next.
- ✦ A great suggestion for this formula is to get your teammates on the phone (or group message) and start this session at the same time. When you get to Station Four you can even select each other's formula to add some extra gamesmanship to it. By sharing scores from the first three stations you will be able to see where your teammates struggled the most and see if you can plot a strategic formula that will challenge your mate the most.
- ✦ By staying connected, it will keep you and your teammates accountable to each other. Plus it will keep you all engaged as a team –it's fun!
- ✦ Remember, quality of movement comes first. Reset at any time and if you want, you can still focus on challenging your range of motion before speed. It is important to avoid sprinting as we don't want to compromise form.

WARM UP		WORKOUT		SCORE		
2mins Jump Rope	1	6mins ATAC	4	1	2	3
25m Walking Lunges		5 DB Single Swings (L/R)	4mins ATAC			
25m Frankensteins		5 Atomic Push Ups	5 DB Single Swings (L/R)			
6 Hip Rolls		12.5m Split Lunges	5 Atomic Push Ups			
6 Lateral Jump Squats			12.5m Split Lunges			
6 Scorpion Bridges	2	5mins ATAC	5	SCORE		
6 Atomic Push Ups		5 DB Scorpion Bridges	5mins ATAC	4	5	6
		5 Push Ups	5 DB Scorpion Bridges			
		5 Lateral Jump Squats	5 Push Ups			
			5 Lateral Jump Squats			
	3	4mins ATAC	6			
		5 DB Swings	6mins ATAC			
		5 Extensions (L/R)	5 DB Swings			
		5 Plyo Lunges	5 Extensions (L/R)			
			5 Plyo Lunges			

### Training Objective

To continue to focus on stability, mobility, relative strength and stamina.

### Warm Up

Click on the new warm up exercises to learn the technique and then follow the warm up above.

### Formula

Max Time 33mins

There are six stations all using our ATAC formula.

Station One – For 6mins using our ATAC formula perform continuous rounds of the exercises listed from top to bottom. See above for details. At the end of 6mins allow 30secs rest and take note of your score. Advance to Station Two.

Stations Two and Three – Both stations share the same formula as Station One using different exercises and times. See above for details. Allow 30secs between stations and record scores. At the end of Station Three allow 60secs rest, record your score, then add up the total score from all three stations.

Station Four – For 4mins using our ATAC formula perform continuous rounds of the exercises listed from top to bottom. See above for details. At the end of 4mins allow 30secs rest and record your score. Advance to Station Five.

Stations Five and Six – Both stations share the same formula as Station Four using different exercises and times. See above for details. Allow 30secs between stations and record scores. At the end of Station Six record scores, then add up the total score from Stations Four, Five and Six.

**Goal** – The goal for Stations Four, Five and Six is to come within 2 exercises from the score achieved in the first three stations. E.g. If Kathy’s combined score from Stations One, Two and Three equals  $18\frac{2}{3}$  ( $5 + 6\frac{1}{3} + 7\frac{1}{3}$ ). Her goal for Station Four, Five and Six is to achieve a combined score of 18.

### Session Tips

- ☛ Learn and practice the two new exercises before you begin. With six shorter station times, you want to ensure that you can seamlessly transition from exercise to exercise and station to station.
- ☛ This is a great formula to test your stamina levels. Using alternate times for respective stations will mean we will not know exactly how we are pacing while chasing our goals in the second half of the formula.
- ☛ This means you will need to keep your focus up and be sure to stick to the prescribed rests between stations. We want to maintain fatigue on the body to challenge our stamina levels. Although ALWAYS reset if you feel your form is compromised.
- ☛ Like with the DB Swings, get creative in finding an appropriate option for DB’s for the DB Single Swings and the DB Scorpion Bridges (water bottle, small bags etc..). It doesn’t need to be very heavy to still bring benefits. If you are unsure contact your TRIBE Coach for advice.

WARM UP	WORKOUT	TIME
2mins Jump Rope	1	
25m Walking Lunges	200 Jump Rope	
25m Frankensteins	25m Split Lunges	5x
6 Hip Rolls	12 DB Swings	
6 Lateral Jump Squats	8 Animal Push Ups	
6 Scorpion Bridges	2	
6 Animal Push Ups	3 / 6 / 9 / 12 / 9 / 6 / 3	
	Lateral Jump Squats	
	Animal Squats	
	DB Scorpion Bridges	
	3	
	200 Jump Rope	
	25m Walking Lunges	5x
	12 DB Single Swings (L/R)	
	8 Atomic Push Ups	

**Training Objective**

To continue to focus on stability, mobility, relative strength and stamina.

**Warm Up**

Follow the Warm-Up above before you begin.

**Formula**

Max Time 35mins

There are three stations to be completed once.

Station One – Perform five rounds of the exercises listed from top to bottom. Advance to Station Two.

Station Two – Perform three reps of each exercise followed by 6 reps of each, then 9 reps of each, continuously following this pattern until performing the final round of 3 reps of each exercise. Advance to Station Three.

Station Three – Perform five rounds of the exercises listed from top to bottom.

Record your time as you complete the session. There is a 35min time limit on this formula, if you don't complete within 35mins, stop and give yourself a time score of 35mins.

**Session Tips**

- 🔔 No new exercises today. Have a look through each of them and practice any that you are wanting to refine or refresh before beginning. This will ensure quality movement from the start. It's a gas guzzler today!
- 🔔 Challenge your range of motion as much as possible while aiming for an even tempo. You can manipulate your load by increasing range of motion if your technique allows.
- 🔔 As soon as you feel common faults sneaking into your form; stop and reset. This will allow you to take short recoveries while keeping the integrity of movement. If you keep going until you hit excessive fatigue, this will require you to take longer recoveries, therefore less overall movement and more compromised form.
- 🔔 By taking these resets, it will create greater relative strength and stamina.
- 🔔 The benefits of stability and mobility require good positioning and quality of movement.
- 🔔 Don't forget to share your results with your team 😊



WARM UP	WORKOUT		SCORE
2mins Jump Rope	35mins ATAC		
	1	2	
25m Walking Lunges	100 Jump Rope	100 Jump rope	
25m Frankensteins	12.5m Split Lunges	12.5m Walking Lunges	
6 Hip Rolls	10 DB Single Swings (L/R)	10 DB Scorpion Bridges	
6 Lateral Jump Squats	8 Atomic Push Ups	8 Animal Push Ups	
6 Scorpion Bridges			
6 Animal Push Ups	3	4	
	100 Jump Rope	100 Jump Rope	
	12 Lateral Jump Squats	12 Drop Squats	
	10 DB Swings	10 Extensions (L/R)	
	8 Animal Squats	8 Plyo Lunges	

**Training Objective**

To finish our @ Home sessions with a non-stop formula designed to challenge our stamina levels while still focusing on relative strength, stability and mobility.

**Warm Up**

Follow the Warm-Up above before you begin.

**Formula**

Time 35mins

There are four stations to be completed using our ATAC formula over 35mins.

Station One – Perform each of the exercises listed from top to bottom. Advance to Station Two.

Station Two, Three and Four – All stations share the same formula as Station One using different exercises and reps. There is no rest between stations. At the end of Station Four go back to Station One and continuously repeat for 35mins. At the end of 35mins record your score.

**Score** – This will be the total number of completed stations. E.g. If Rebeca completes three rounds of all four stations, plus Stations One and Two on her fourth round her score will be 14. Share your results with your teammates!

**Session Tips**

- ✦ When reading this session, take note that focus will be the key to success in this session. Some find non-stop formulas difficult keep focus on and easily lose their way. Try to have a bigger screen (ie laptop or TV) with the session on it so that you can look up and quickly find your place. Remember stamina is equally about our mental engagement as is our physical ability.
- ✦ Once you have completed all four stations you can put a mark on a piece of paper, so you don't lose count. You can then start setting strategies for yourself based on time. If it takes you 8mins to complete all four stations, then set a goal of completing the next round of all four stations to no more than 9mins.
- ✦ This will keep you engaged and focused on the job at hand, not thinking how much time there is still to go.
- ✦ 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.

## ANIMAL PUSH UP

### BENEFIT

Total body integration. Anterior core. Shoulder and hip mobility and stability.

### START POSITION

Straight arm plank position.

### MOTION

Drive hips back towards heels to allow for a wide squat, (keeping knees close to floor), while pushing armpits/chest towards floor. Pounce forward, returning to start position and perform one Push Up. Repeat.

### REPETITION COUNT

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

### COMMON FAULTS

Shoulders elevated. Hips drive towards ceiling due to lack of hip mobility. Excessive extension in Push Up.

### CUES

Long spine. Shoulders away from ears. Find rhythm and range.

### REGRESSION / PROGRESSION

Load. Speed. Range of motion.

## ANIMAL SQUAT

### BENEFIT

Total body integration. High metabolic demand. Anterior core.

### START POSITION

Straight arm plank position.

### MOTION

Bend at knees and drive hips towards heels. Reach R hand towards L foot and return to start position. Repeat, alternating the arm drive.

### REPETITION COUNT

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

### COMMON FAULTS

Shoulders elevated. Hips drive towards ceiling due to lack of hip mobility.

### CUES

Long spine. Shoulders away from ears. Find rhythm and range.

### REGRESSION / PROGRESSION

Range of motion. Speed.

## ATOMIC PUSH UP

### BENEFIT

Total body integration. High metabolic demand. Anterior core. Hip mobility and stability. Shoulder mobility and stability.

### START POSITION

Straight arm plank position.

### MOTION

Perform one Push Up, on the way up hop feet forward so knees touch elbows keeping the spine long and neutral set. Hop feet back to start position as you lower back into push up.

### REPETITION COUNT

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

### COMMON FAULTS

Dropping the chin. Shoulders up around the ears. Excessive lumbar extension. Hips elevated due to lack of hip mobility. Shoulders not staying above wrists.

### CUES

Shoulders down and away from the ears. Long spine. Ears in line with shoulders. Control.

### REGRESSION / PROGRESSION

Range of motion. Speed. Load.

## DB SCORPION BRIDGE

### BENEFIT

Posterior chain. Shoulder and hip stability. Spiral line.

### START POSITION

Lie supine with knees bent. DBs in hands and elbows at 90degrees.

### MOTION

Press through heels. Lift hips vertically, rotate from rib cage and twist R hand 45degrees out over L shoulder. Return to start position. Repeat on other side.

### REPETITION COUNT

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

### COMMON FAULTS

Excessive lumbar extension. Loss of control when lowering back to start position.

### CUES

Hips stay tucked under (posterior pelvic tilt).

### REGRESSION / PROGRESSION

Load. Range of motion.

## DB SINGLE SWING

### BENEFIT

Total body integration. High metabolic demand. Anti-rotation benefits. Hip mobility and stability. Strengthening through posterior chain.

### START POSITION

TRIBE Ready Stance. DB in L hand next to L hip.

### MOTION

Shoulder blades retracted. Hinge back through hips. Knees soft. Drive through heels and glutes. Hips drive forward creating momentum. DB swings through to chest height. Repeat.

### REPETITION COUNT

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

### COMMON FAULTS

Not using hip hinge. Excessive lumbar flexion. Shrugging of shoulders. Not using momentum and power from the hips.

### CUES

Move from hips. Long spine. Drive power from heels. Engage hamstrings and glutes. Chest high. Pendulum motion.

### REGRESSION / PROGRESSION

Load.

## DB SWING

### BENEFIT

Total body integration. High metabolic demand. Shoulder stability. Hip stability and mobility. Strengthening the shoulders and posterior chain.

### START POSITION

TRIBE Ready Stance. Both hands holding DBs slightly in front of thighs. Arms straight.

### MOTION

Sink backwards with hips. Chest stays high. Hips drive forward by powering through the glutes to create momentum. DBs swing through to chest height.

### REPETITION COUNT

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

### COMMON FAULTS

Not hinging at the hips. Excessive flexion. Elevated shoulders. Losing rhythm and timing.

### CUES

Lead with the hips. Long spine. Power through the glutes. Shoulders away from ears. Find your rhythm.

### REGRESSION / PROGRESSION

Load.

## DROP SQUAT

### BENEFIT

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

### START POSITION

TRIBE Ready Stance.

### MOTION

Jump feet out to shoulder width and sink into hips in a low squat. Jump and tap feet back together and then jump feet out to shoulder width into the low squat and repeat.

### REPETITION COUNT

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

### COMMON FAULTS

Excessive lumbar flexion or extension. Not sinking into hips. Knees rolling in.

### CUES

Move from hips. Long spine. Chest up. Land softly. Control deceleration.

### REGRESSION / PROGRESSION

Speed. 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.



## FRANKENSTEIN

### BENEFIT

Movement preparation.

### START POSITION

TRIBE Ready Stance facing path of travel. Straight arms up above the head.

### MOTION

Lift L leg keeping it long, at same time bring R arm towards L foot in cross-linking pattern. Step forward and alternate arms and legs.

### REPETITION COUNT

Perform for distance or time.

### COMMON FAULTS

Excessive movement by swinging or kicking leg. Excessive flexion of spine. Not moving through thoracic spine.

### CUES

Stay tall. Keep limbs long. Ears over shoulders. Stay in control as you reach across.

### 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.

## JUMP ROPE (BASE)

### BENEFIT

Total body integration. High metabolic demand.

### START POSITION

TRIBE Ready Stance. Hold rope with straight arms. Rope rests behind feet.

### MOTION

Rope passes overhead. Jump so rope can pass under feet. Landing single leg, two hops R then two hops L.

### REPETITION COUNT

Every rotation equals one rep. Perform for reps or time.

### COMMON FAULTS

Poor timing. Heavy landing. Too much arm motion making the arc of the rope too big around the body.

### CUES

Stay light. Rotate from the wrists. Slow down rope speed.

### REGRESSION / PROGRESSION

Speed.

## LATERAL JUMP SQUAT

### BENEFIT

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

### START POSITION

TRIBE Ready Stance.

### MOTION

Start by dropping into a squat, from the bottom of the squat jump off the ground in a lateral direction to the L, body at full length with arms extended above head, land soft. Repeat jumping to the R.

### REPETITION COUNT

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

### COMMON FAULTS

Not leading from the hips. Excessive flexion in the spine. Collapsing of knees. Heavy landing.

### CUES

Long spine. Lead from the hips. Explode up from the hips. Reach arms up high.

### REGRESSION / PROGRESSION

Range of motion.

## PLYOMETRIC (PLYO) LUNGE

### BENEFIT

Total body integration. High metabolic demand. Hip stability.

### START POSITION

TRIBE Ready Stance, standing in split stance.

### MOTION

Sink into lunge R foot forward. Drive through R heel and jump upwards. Switch foot pattern landing in lunge with L foot forward. Repeat.

### REPETITION COUNT

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

### COMMON FAULTS

Excessive spinal flexion. Loss of control. Pelvic tilt through frontal plane.

### CUES

Soft landing. Hips stay parallel to floor. Tall spine.

### REGRESSION / PROGRESSION

Range of motion. Speed.

## PRONE TO OVERHEAD

### BENEFIT

Shoulder mobility. Movement preparation.

### START POSITION

Four-point position prone, knees under hips and hands under shoulders.

### MOTION

Reach R hand forward, push R underarm down towards floor, ear moving down to bicep. Return to start position and repeat on other side.

### REPETITION COUNT

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

### COMMON FAULTS

Hips sitting too far back towards heels.

### CUES

Strong position. Lead with shoulder.

### REGRESSION / PROGRESSION

Range of motion.

## PUSH UP

### BENEFIT

Anterior core. Shoulder mobility and stability.

### START POSITION

Straight arm plank position. TRIBE Ready Stance.

### MOTION

Bend at elbows. Chest moves towards floor. Push back up.

### REPETITION COUNT

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

### COMMON FAULTS

Not maintaining ears in line with shoulders. Shoulders elevated. Hands not under shoulders. Excessive lumbar extension.

### CUES

Shoulders away from ears. Tension in midsection. Tall spine. Neutral set.

### REGRESSION / PROGRESSION

Load. Speed.

## RAINBOW ROLL

### BENEFIT

Shoulder and thoracic mobility.

### START POSITION

Lying on R side. Both arms straight out in front, in line with shoulders. Hips and knees at 90 degrees.

### MOTION

Sweep L arm above head. Keep fingers on the floor if possible. Rotate through the thoracic spine, all the way over until L arm is parallel with shoulders. Maintain R leg pressure on the floor and shoulders in contact with the floor. Return to start position.

### REPETITION COUNT

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

### COMMON FAULTS

Not rotating from the rib cage up. Knees coming apart due to lack of mobility. Arm not sweeping all the way around. Elevated shoulders.

### CUES

Maintain control. Work within your range. Timing.

### REGRESSION / PROGRESSION

Range of motion.



## 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.

## SKIP

### BENEFIT

Movement preparation.

### START POSITION

TRIBE Ready Stance facing path of travel.

### MOTION

Alternate skipping with travelling.

### REPETITION COUNT

Perform for distance or time.

### COMMON FAULTS

Loss of rhythm and timing. Co-ordination. Excessive flexion by bringing shoulders/head towards knees.

### CUES

Tall spine. Shoulders back and down. Ears over shoulders.

### REGRESSION / PROGRESSION

Speed. Range of motion.

## SPLIT LUNGE

### BENEFIT

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

### START POSITION

TRIBE Ready Stance. Facing path of travel.

### MOTION

Step R leg forward and drop into a lunge then propel up to switch legs to complete a plyometric lunge. Land in a lunge with L leg forward. Step feet together to finish. Repeat leading with L leg forward.

### REPETITION COUNT

Complete for distance or time.

### COMMON FAULTS

Frontal plane instability of the hips. Collapsing through the spine.

### CUES

Tall spine. Hips stay parallel to the floor. Propel vertically and switch legs. Use your arms to help propel up.

### REGRESSION / PROGRESSION

Range of motion. Speed.

## WALKING LUNGE

### BENEFIT

Total body integration. High metabolic demand. Hip stability.

### START POSITION

TRIBE Ready Stance. Facing path of travel.

### MOTION

Step forward with R leg. L knee drops towards floor. Step through. L leg becomes front leg. Repeat.

### REPETITION COUNT

Perform for distance or time.

### COMMON FAULTS

Excessive lumbar flexion. Knee dropping in. Frontal plane movement at hips. Knee over toes in front leg.

### CUES

Long spine. Chest high. Hips stay parallel to floor. Knee over ankle in front leg.

### REGRESSION / PROGRESSION

Range of motion. Speed.