



TRIBE
TEAM TRAINING



@ Home 2020

TRIBE

LIFE



Welcome

Welcome to TribeLIFE™ @ 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 mini season has a development focus of dynamic stability, movement control and endurance.

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 it 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/>

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Warm Up / Mobility Sequences

The Warm Up and Mobility Sequences for TribeLIFE™ @ Home 2020 are a series of individual exercises posted on vimeo. Please click on the **red** exercises to take you to 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

Trans Lunges

ViPR Cross Chops

Sprinklers

Lateral Climbers

Walking Lunges

Straight Crawls

Mobility Sequence

6mins of

ViPR Hinges

12.5m **Toy Soldiers**

5 **Body Swings**

5 **Lateral Line Plants** (L/R)

5 **Sprinklers**

Note – In replacement for a ViPR for the ViPR Hinges and ViPR Cross Chops you can use a foam roller if you have one, a broom handle, mop handle, rake handle or even a hockey stick! Get creative and share your alternatives with us 😊!

(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.

1	2	3
30secs 3x	4mins of	30secs 3x
Trans Lunges	12.5m Walking Lunges	MB Squats
Push Ups	12.5m Straight Crawls	Lateral Climbers
Scorpion Bridges	5 ViPR Cross Chops (L/R)	MB Bridges
	2x	

Training Objective

To start our mini TribeLIFE™ @ Home 2020 season by focusing on dynamic stability, movement control and endurance.

Note – See Session Tips for equipment options.

Warm Up Sequence

6mins

See the Warm Up / Mobility Sequences page for details.

Formula

29mins

We have three stations that are to be completed twice.

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

Station Two – For 4mins perform continuous rounds of 12.5m of Walking Lunges, 12.5m of Straight Crawls and 5 ViPR Cross Chops (L/R). At the end of 4mins allow 30secs rest. Advance to Station Three.

Station Three – Perform 30secs of each exercise listed from top to bottom, three times. Allow 60secs rest. Move back to Station One and repeat each station one more time using the same rest times.

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

Mobility Sequence

6mins

See the Warm Up / Mobility Sequences page for details.

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 😊.
- ✦ Depending on the space you have, you may have to go back and forth a few times to achieve the desired distance for the locomotion exercises, however this is fun as we can zig zag around anything to create more dynamic stability!
- ✦ With Med Balls in this session, it is a great time to get creative if you don't have one at home. There are plenty of options we can use here. For example: Shovel some soil or sand into a sack, fill a pillowcase or shopping bag... your creativity is unlimited. What is important to remember is that we don't need a lot of weight! Both MB exercises are usually performed without too much load.
- ✦ Whatever you come up with, please share with us on social media, we want to see how creative you are! There may even be a prize for the most creative 😊!
- ✦ To meet the training objective, our focus is to challenge our range of motion and then speed, before load. This will develop our dynamic stability and movement control.
- ✦ We recommend reaching out to your coach and teammates, set up a conference video call and 'workout together', again we would love to see your creativity with this!

Round One = 5mins of / 5 reps or 12.5m Round Two = 5mins ATAC / 5 reps or 12.5m		
1	2	3
MB Squats	Trans Lunges	Walking Lunges
ViPR Cross Chops	Push Ups	Straight Crawls
MB Swings	Scorpion Bridges	MB Bridges

Training Objective

To continue our development focus on dynamic stability, movement control and endurance.

Warm Up Sequence

6mins

Formula

33mins

We have three stations that are to be performed twice. Each round uses a different formula.

Round One

Station One – For 5mins perform continuous rounds of the exercises listed from top to bottom. At the end of 5mins allow 30secs rest. Advance to Station Two.

Note – Each exercise is performed for 5 reps or for 12.5m for the following two exercises in Station Three; Walking Lunges and Straight Crawls.

Station Two – 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. Advance to Station Two.

Round Two

Station One – For 5mins 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 5mins allow 30secs rest and record scores. Advance to Station Two.

Note – Each exercise is performed for 5 reps each, or 12.5m for Walking Lunges and Straight Crawls.

Score – This will be the total number of completed rounds, plus the completed exercises on the incomplete round. E.g. If Sue completes four full rounds plus 5 MB Squats, her score will be 4½.

Station Two – Both stations share the same formula as Station One using different exercises, see above for details. Allow 30secs rest between stations and record scores.

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 MB Swings and have your load option ready to go. Click 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.
- ☛ With these two different formulas, there are two different training focuses. Round one has no scoring, our focus here is to maximize our range of motion and challenge our movement potential.
- ☛ As we enter round two, we have included target-based training to inspire us to perform under fatigue to increase our endurance. During this round maintain your range of motion focus, but also look to increase your tempo as long as the integrity of your positioning and quality of movement is kept.
- ☛ Remember that it is important to self-coach and ensure that you are moving with integrity. Reset at any time. We would love to see how you measure out your distancing for the traveling exercises. Share your creativity with us!
- ☛ Reach out to your TRIBE Community and see what their results were! Would be fun to share 😊

1	3
6mins ATAC	8mins ATAC
6 MB Squat Pushes	6 MB Squats
6 ViPR Cross Chops (L/R)	6 MB Push Ups
6 Lateral Climbers	6 MB Swings
2	4
8mins ATAC	6mins ATAC
6 Trans Lunges	12.5m Walking Lunges
6 Push Ups	12.5m Straight Crawls
6 Scorpion Bridges	6 MB Bridges

Training Objective

To continue focusing on developing dynamic stability, movement control and endurance.

Warm Up Sequence

6mins

Formula

31mins

We have four 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 60secs rest and record your score. Advance to Station Two.

Stations Two, Three and Four – All stations share the same formula as Station One using different exercises, reps and times. See above for details. Allow 60secs rest between stations. At the end of Station Four record scores, then tally up the Final Score.

Final Score – This will be the combined score from all three stations. If Helaina scores 7 ½ in Station One, 8 in Station Two, 9 ½ in Station Three and 7 ½ in Station Four. Her score will be 32 ½.

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

Mobility Sequence

6mins

Session Tips

- ✦ Before starting the session, familiarize yourself with each new exercise in red. Click on the exercise and it will take you straight to the exercise video. Watch the video and practice both exercises before you begin.
- ✦ Become familiar with each station and their exercises at the start. This will allow you to stick to time without worrying about the next exercise or having too much downtime between exercises.
- ✦ Continue to get creative team... if you don't have any Med Balls or ViPRs at home, again use your imagination to create safe load. Share your stories with your team and us - let's see what we can come up with! We'll be watching for the most creative TRIBERS out there so strut your stuff! 😊
- ✦ If you are unsure about creating a Med Ball option, please always refer to your TRIBE Coach for the best advice.
- ✦ All four stations use an ATAC formula. Bearing that in mind, it is important that we don't go for a sprint mentality. To create more challenge, we focus on our range of motion and load.
- ✦ The tempo of movement (the speed of the movement) should be set to allow for as much constant and controlled movement as possible. Even tempo moving up and down.... If we sprint through the session, this won't allow for constant and controlled movement and runs the potential of us losing form and movement integrity.

	Round One = 60secs 2x Round Two = 30sec 2x	
1	2	3
MB Swings	MB Squat Pushes	MB Bridges
MB Push Ups	ViPR Cross Chops (½ L / ½ R)	Push Up Wipers
Trans Lunges	Scorpion Bridges	MB Squats

Training Objective

To begin our development phase by focusing on dynamic stability, movement control and endurance.

Warm Up Sequence

6mins

Formula

30mins

There are three stations to be performed over two rounds.

Round One

Station One – Perform 60secs of each exercise listed from top to bottom, 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. Upon completion of Station Three allow 60secs rest and begin round two.

Round Two

Station One – Perform 30secs of each exercise listed from top to bottom, 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 you start the session remember to be creative with your Med Ball and ViPR options. Let us know what you come up with! 😊
- ✦ You will more familiar with the exercises now, however be sure to practice any of the exercises in black and be sure to click on the exercise in red – Push Up Wipers, to find out everything you need to know to successfully perform the exercise safely.
- ✦ Once you are confident with each exercise, remember that you will be focusing on time (60secs and 30secs) and keeping the transitions quick. Let's avoid wasting too much time trying to figure out what exercise is next
- ✦ Our two rounds offer us two different training strategies. In round one we use 60secs for each exercise. This means that we are using extended time under tension. Due to the nature of the formula, the 60secs will take care of most of our load. Focus on performing each exercise with a slow and safe tempo using your personal maximum range of motion.
- ✦ Remember that everyone is different and to move safely with integrity, we need to ensure that our technique is flawless. Reset at any stage.
- ✦ As we enter round two, we cut the time in half. By doing this it means that we are purposefully cutting the volume in half. This means that if you are moving with perfect technique, you can look to add slightly more speed of repetition as long as we maintain range of motion.

1	2	3
4½ mins	4½ mins	12mins ATAC
5 MB Push Ups	5 Push Up Wipers	12.5m Walking Lunges
5 MB Bridges	5 Scorpion Bridges	12.5m Straight Crawls
5 Trans Lunges	5 MB Squat Pushes	5 ViPR Cross Chops (L/R)
	2x	5 MB Swings
		5 Lateral Climbers

Training Objective

To focus on dynamic stability and movement control in Stations One and Two, then endurance in Station Three.

Warm Up Sequence

6mins

Formula

32.5mins

There are three stations. Stations One and Two are to be completed twice before advancing to Station Three.

Station One – For 4½ mins perform continuous rounds of the exercises listed from top to bottom. See above for details. At the end of 4½ mins allow 30secs rest. Advance to Station Two.

Station Two – This station shares the same formula as Station One using different exercises. See above for details. At the end of 4½ mins allow 30secs rest and repeat both stations one more. Allow 30secs rest between stations. At the end of the second round of Station Two allow 60secs rest. Advance to Station Three.

Station Three – For 12mins using our ATAC formula perform continuous rounds As many Times As you Can of the exercises listed from top to bottom. At the end of 12mins record scores.

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

Mobility Sequence

6mins

Session Tips

- ☛ This session is FUN! The two rounds of Station One and Station Two give us plenty to concentrate on. Review each exercise and practice them in front of the mirror to double check your technique.
- ☛ Stations One and Two are our dynamic stability and movement control stations. Make that you slow things down and use your own maximum range of motion. This will allow us to safely challenge our stability and control to meet our training objective.
- ☛ Once you have set your range of motion and you are working with perfect form, you can then add tempo to the movement.
- ☛ Station Three is our endurance station. Imagine this as a smooth steady station with consistency of speed and movement. You will be working for 12mins, so be sure to focus on as much consistent motion as possible while maintaining positioning and quality of movement.
- ☛ Remember to reset at any stage and keep your exercise integrity.

1	2
60 / 30 / 60secs	60 / 30 / 60secs
Trans Lunges	MB Bridges
Push Up Wipers	ViPR Cross Chops (½ L / ½ R)
Scorpion Bridges	Lateral Climbers
3	4
9mins ATAC	9mins ATAC
8 MB Swings	8 MB Push Ups
12.5m Straight Crawls	8 MB Squat Pushes
25m Walking Lunges	8 Trans Lunges

Training Objective

To continue to develop stability and movement control in Stations One and Two before endurance in Stations Three and Four.

Warm Up Sequence

6mins

Formula

Max 36mins

There are four stations to be completed.

Station One – Perform 60secs of each exercise listed from top to bottom followed by 30secs of each, then finally 60secs of each. Allow 60secs rest. Advance to Station Two.

Station Two – This station shares the same formula as Station One using different exercises. See above for details. Allow 60secs rest. Advance to Station Three.

Station Three – For 9mins using our ATAC formula perform continuous round of the exercises listed from top to bottom. At the end of 9mins allow 60secs rest and record your score. Advance to Station Four.

Station Four – For 9mins using our ATAC formula perform continuous round of the exercises listed from top to bottom. At the end of 9mins allow 60secs rest and record your score.

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

Mobility Sequence

6mins

Session Tips

- ✦ Here we are team, the last session of our TribeLIFE™ @ Home mini season.
- ✦ 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 share your scores from Station Three and Station Four. You can even jump on facetime, skype, whatsapp and coach them through it 😊. Have fun with it!
- ✦ We have designed this formula to again split our training objective and give us two distinct focuses. Stations One and Two use time under tension. This means use slow and controlled movement with your own maximum range of motion. The time spent doing the exercise (60secs / 30secs / 60 secs) will take care of our load.
- ✦ Stations Three and Four use less consistent pressure on the muscles. This is where we can add some load and increase the tempo of movement if movement quality allows.
- ✦ 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.

BODY SWING

BENEFIT

Movement preparation. Lengthening through superficial front line and back line. Spinal flexion and extension.

START POSITION

TRIBE Ready Stance.

MOTION

Extend arms above the head. Bend from the hips, allow gravity to swing body down reaching arms through the legs. Swing back up to start position and open up through the frontal line with hands swinging above head.

REPETITION COUNT

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

COMMON FAULTS

Not leading with the hips. Not releasing the upper body. Forcing the movement.

CUES

Move from hips. Allow gravity to create the swing momentum.

REGRESSION / PROGRESSION

Range of motion.

LATERAL CLIMBER

BENEFIT

Total body integration. High metabolic demand. Shoulder stability. Anterior core.

START POSITION

Straight arm plank position. L knee inside R elbow, R leg stretched long laterally to the side.

MOTION

Skip R knee inside L elbow and extend L leg straight out to the side. Repeat on both sides.

REPETITION COUNT

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

COMMON FAULTS

Bouncing. Elevated shoulders. Excessive lumbar flexion. Hips pike up. Shoulders not staying above wrists.

CUES

Long spine. Neutral set. Shoulders down. Rhythm.

REGRESSION / PROGRESSION

Speed. Range of motion.

LATERAL LINE PLANT

BENEFIT

Superficial lateral line. Movement preparation.

START POSITION

TRIBE Ready Stance.

MOTION

Step laterally with L foot sinking into L hip. Extend L arm over top of head. Step L foot through start position and across R foot. Plant weight on L foot at the same while extending R hand over top of head.

REPETITION COUNT

L / R equals one rep. Perform on both sides of the body. Perform for reps or time.

COMMON FAULTS

Loss of control. Not moving in frontal plane. Not moving into hip.

CUES

Chest up. Tall spine. Move laterally. Rhythm. Control. Length.

REGRESSION / PROGRESSION

Range of motion.

MED BALL (MB) BRIDGE

BENEFIT

Anterior and posterior core. Pelvic and hip stability.

START POSITION

Lie supine. Feet flat. Knees bent. Hands holding MB on the floor above head.

MOTION

Roll pelvis up towards chest lifting one vertebra at a time until in neutral position (Drive through the heels and engage the hamstrings). At the same time lift MB off the ground towards hips in a long arm motion. Reverse motion back to start position lowering with control one vertebrae at a time.

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. Over bending the elbows while bringing the ball to the hips. Loss of control by twisting the hips. Excessive lumbar extension.

CUES

Drive through your heels. Lift one vertebrae at a time. Control the movement on the way down. Avoid unequal pressure through the heels which drops the hips. Create tension by driving the feet back towards hips. Drive knees forward.

REGRESSION / PROGRESSION

Load (time under tension).

MED BALL (MB) PUSH UP

BENEFIT

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

START POSITION

Straight arm plank position. L hand on MB.

MOTION

Bend at elbows. Chest moves towards floor. Push back up to start position. Roll MB over to the R side. Place R hand on top of MB and repeat.

REPETITION COUNT

Every Push Up equals one rep. Perform for reps or time.

COMMON FAULTS

Excessive lumbar extension. Slumping through shoulders. Hands not under shoulders. Loss of control through uneven elevation.

CUES

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

REGRESSION / PROGRESSION

Load. Speed.

MED BALL (MB) SQUAT

BENEFIT

Total body integration. High metabolic demand.

START POSITION

TRIBE Ready Stance. MB in front rack position.

MOTION

Perform a controlled front squat leading with the hips. Return to start position.

REPETITION COUNT

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

COMMON FAULTS

Not leading with the hips. Excessive flexion. Shoulders elevated.

CUES

Long spine. Chest high. Shoulders away from ears. Sit back and lead with the hips.

REGRESSION / PROGRESSION

Load. Range of motion.

MED BALL (MB) SQUAT PUSH

BENEFIT

Total body integration. High metabolic demand. Strength through the posterior chain.

START POSITION

TRIBE Ready Stance. Both hands holding MB in front rack position.

MOTION

Perform a controlled front squat and simultaneously push MB directly out in front of the chest. Return to start position.

REPETITION COUNT

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

COMMON FAULTS

Not leading with the hips. Excessive flexion. Shoulders elevated.

CUES

Sit back and lead with the hips. Long spine. Chest high. Shoulders away from ears.

REGRESSION / PROGRESSION

Speed. Load. Range of motion.

MED BALL (MB) SWING

BENEFIT

Total body integration. High metabolic demand. Strength in posterior chain. Front line.

START POSITION

TRIBE Ready Stance. Both hands holding the MB in front rack position.

MOTION

Hinge from hips, chest high. Drive hips forward, and simultaneously swing MB overhead while stepping R foot back slightly. Control deceleration of the MB when returning to start position. Repeat this pattern while stepping L foot back slightly. Continue using alternate stepping.

REPETITION COUNT

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

COMMON FAULTS

Not using hip hinge. Excessive lumbar flexion. Excessive extension.

CUES

Move from hips. Long spine. Chest high. Shoulder retraction.

REGRESSION / PROGRESSION

Load. 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.

PUSH UP WIPER

BENEFIT

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

START POSITION

Straight arm plank position. TRIBE Ready Stance.

MOTION

Bend at elbows. Chest moves towards floor. At the same time sweep L leg out in wiper motion. Push back up. Repeat alternating wiper leg.

REPETITION COUNT

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

COMMON FAULTS

Shoulders elevated. Excessive lumbar extension. Excessive spinal flexion. Hands not under shoulders.

CUES

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

REGRESSION / PROGRESSION

Load. Range of motion. Speed.

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.

SPRINKLER

BENEFIT

Movement preparation. Superficial spiral line. Thoracic mobility. Hip mobility.

START POSITION

TRIBE Ready Stance. Arms out in front.

MOTION

Starting with thoracic spine, twist rib cage towards the L. Allow the full range of motion to pull the hip around. Then allow the hips to pull the heels around. Return through start position and repeat in the other direction.

REPETITION COUNT

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

COMMON FAULTS

Not allowing the sequence of movement to control the motion. Jerky motion.

CUES

Fluid. Allow your eyes to follow your hands. Think of separating ribs from hips. Allow your hips to lift your heel. Increase range slowly.

REGRESSION / PROGRESSION

Range of motion.

STRAIGHT CRAWL

BENEFIT

Anterior core. Full body integration. Shoulder and hip stability. Coordination.

START POSITION

Four-point prone position. Knees under hips and elevated off floor. Hands under shoulders.

MOTION

Travel in a forward direction using opposite limbs moving at the same time. The back stays flat, spine long. Maintain smooth motion.

REPETITION COUNT

Perform for distance or time.

COMMON FAULTS

Hips higher than shoulders. Hips wobbling side to side. Shoulders elevated. Limbs moving at different speeds.

CUES

Scapula retracted. Long spine. Engage anterior core. Knees stay under hips. Shoulders and hips parallel to the floor. Control and timing.

REGRESSION / PROGRESSION

Load (time under tension). Speed.

TOY SOLDIER

BENEFIT

Movement preparation. Posterior chain mobility.

START POSITION

TRIBE Ready Stance.

MOTION

Keep leg long, lift L foot and bring R hand to meet it. Bring L leg down, scuff foot on floor, follow through with high L knee and take a step forward. Repeat on the other side.

REPETITION COUNT

Perform for distance or time.

COMMON FAULTS

Excessive lumbar flexion. Kicking leg up. Timing.

CUES

Long spine. Chest high. Shoulders away from ears.

REGRESSION / PROGRESSION

Range of motion.

TRANS LUNGE

BENEFIT

Total body integration. High metabolic demand. Hip mobility and stability in transverse plane.

START POSITION

TRIBE Ready Stance.

MOTION

Step in transverse pattern and sit 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

Tipping from the hips and not sitting into hips. Excessive lumbar flexion.

CUES

Footprint within appropriate range. Long spine. Move from hips. Chest high.

REGRESSION / PROGRESSION

Range of motion. Speed.

ViPR CROSS CHOP

BENEFIT

Total body integration. High metabolic demand. Anterior core. Shoulder stability. Superficial spiral line.

START POSITION

Lying supine. Knees bent; feet flat. ViPR standing upright above R shoulder. Hands on neutral grip with L hand on top.

MOTION

In crunch motion come to upright sitting position. Keeping arms long bring ViPR across body until ViPR is standing upright next to L hip. Return to start position.

REPETITION COUNT

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

COMMON FAULTS

Loss of control. Legs off the floor. Elevated shoulders. Loss of neutral at top end. Not lowering one vertebra at time.

CUES

Shoulders away from ears. Rhythm. Control.

REGRESSION / PROGRESSION

Load. Range of motion.

ViPR HINGE

BENEFIT

Movement preparation. Hinge preparation.

START POSITION

TRIBE Ready Stance. ViPR in front of feet both hands on top of ViPR.

MOTION

Hinge from the hips. At the same time extend arms forwards and ViPR forwards. Return to start position. Repeat once more. Then place R hand on top, lift R foot during hinge motion. Extend L arm. Repeat once more. Then alternate L hand and L foot while extending R arm. Repeat sequence.

REPETITION COUNT

Every hinge motion equals one rep. Perform for reps or time.

COMMON FAULTS

Excessive flexion. Squatting not hinging. Loss of stability and control.

CUES

Tall spine. Move from the hips. Control. Lengthen.

REGRESSION / PROGRESSION

Range of motion.

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.