



School Fitness 3T

Training Testing Technique

RESOURCE CARDS

Lower Body - Squat

Dylan Blain

BSc, PGCE (Secondary Physical Education),
PGCE (Physical Education), FHEA, PhD (c)

ACTIVITY LADDER



	LOWER BODY			UPPER BODY		JUMPS AND LANDING			CARRIES	THROWS	CORE		AEROBIC DEVELOPMENT	SPEED		COORDINATION	
	SQUAT	HIP	SINGLE LEG	PUSH	PULL		HORIZONTAL	VERTICAL			MULTI DIRECTIONAL	BRACE		ROTATE	LINEAR		MULTI DIRECTIONAL
					HORIZONTAL	VERTICAL											
10	OVERHEAD PARALLEL SQUAT	SNATCH GRIP DEADLIFT FROM FLOOR	SINGLE LEG BOX SQUAT PARALLEL RESISTED	BARBELL BENCH PRESS	INVERTED ROW RESISTED FEET ON BOX	ROPE PULL NO LEGS	3 HOPS FOR DISTANCE	MULTIPLE HURDLE HOPS	SINGLE LEG MULTIDIRECTIONAL HOP MATRIX	WAITER'S CARRY SINGLE ARM	EXPLOSIVE MED BALL SQUAT DIVE	MULTIDIRECTIONAL AQUABAG	CATCH AND THROW	AEROBIC EXERCISE - DEVISE IT YOURSELF	MAX SPEED TECHNIQUE	REACTIVE MULTIPLE CHANGE OF DIRECTION	ALTERNATE SINGLE LEG SQUAT THRUST
9	OVERHEAD HALF SQUAT	DEADLIFT FROM FLOOR	SINGLE LEG BOX SQUAT PARALLEL BODYWEIGHT	BARBELL FLOOR PRESS	INVERTED ROW RESISTED FEET ON FLOOR	CHIN / PULL UP RESISTED	BROAD JUMPS 3 JUMPS FOR DISTANCE	MULTIPLE HURDLE JUMPS INCREASE HEIGHT	MULTIDIRECTIONAL HOP MATRIX	WAITER'S CARRY DOUBLE ARM	EXPLOSIVE MED BALL OVERHEAD BACKWARD	WALKING WITH AQUABAG	SINGLE ARM ROTATIONAL THROW	FARTLEK EXERCISE 2	ACCELERATION TECHNIQUE	REACTIVE SINGLE CHANGE OF DIRECTION	JUMPING JACKS ONTO BOX
8	RESISTED PARALLEL BACK SQUAT	DEADLIFT FROM BLOCKS / OFF PINS	SINGLE LEG BOX SQUAT HALF RESISTED	NEUTRAL GRIP DB FLOOR PRESS	INVERTED ROW BW FEET ON BOX REPS	PULL UP	REPEATED HURDLE HOP AND STICK	MULTIPLE HURDLE JUMPS LOW HURDLES	45 DEGREE REPEATED HOP	SINGLE ARM FARMERS WALK	EXPLOSIVE MED BALL OVERHEAD FORWARD	BOSU BALL WITH STAND NUDGES	SINGLE HAND CATCH AND ABSORB	INTERVAL EXERCISE 2	A DRILL RUNNING	PROGRAMMED MULTIPLE CHANGE OF DIRECTION	BACK STEPS BOUNCING
7	RESISTED PARALLEL FRONT SQUAT	KETTLEBELL SWING	SINGLE LEG BOX SQUAT HALF BODYWEIGHT	RESISTED PRESS UP FEET ELEVATED	INVERTED ROW BW FEET ON FLOOR REPS	CHIN UP	REPEATED HURDLE JUMP AND STICK	HURDLE JUMP AND STICK INCREASE HEIGHT	45 DEGREE REPEATED STEP	DOUBLE ARM FARMERS WALK	EXPLOSIVE MED BALL OVERHEAD SLAM	PARTNER HAND SLAP	ISOMETRIC SINGLE HAND BAND RESIST	CONTINUOUS EXERCISE 2	A DRILL SKIPPING	PROGRAMMED SINGLE CHANGE OF DIRECTION	BACK STEPS WITH ARMS
6	RESISTED HALF BACK SQUAT	GOOD MORNING	RESISTED WALKING LUNGE	RESISTED PRESS UP FEET ON FLOOR	INVERTED ROW BW FEET ON BOX ISOMETRIC HOLD	PULL UP BAND ASSISTED	SINGLE HURDLE HOP AND STICK	HURDLE JUMP AND STICK LOW HURDLE	45 DEGREE REPEATED JUMP	POWERBAG OVER SHOULDER CARRY 1 SIDE	STANDING LATERAL THROW AGAINST WALL	STANDING PARTNER NUDGE	SINGLE HAND STATIC WALL PUSH	FARTLEK EXERCISE 1	LOCKOUT SKIPPING	LADDER / HURDLE DRILLS FULL SPEED	BACK STEPS HANDS ON HIPS
5	RESISTED HALF FRONT SQUAT	ROMANIAN DEADLIFT	SPLIT SQUAT BACK LEG ELEVATED	STABILITY BALL PRESS UPS	INVERTED ROW BW FEET ON FLOOR ISOMETRIC HOLD	CHIN UP BAND ASSISTED	SINGLE HURDLE JUMP AND STICK	BOX JUMP INCREASE HEIGHT	LATERAL HOPS OVER HURDLES	POWERBAG OVER SHOULDER CARRY BOTH SHOULDERS	STANDING OVERHEAD THROW AGAINST WALL	STANDING BAND PULLS	HOT LIZARDS	INTERVAL EXERCISE 1	LOCKOUT WALKING PLATE RESISTED	LADDER / HURDLE DRILLS HALF SPEED	ALTERNATE HEEL TO BUM JUMPING
4	GOBLET PARALLEL SQUAT REPS	BAND GOOD MORNING	LUNGE VARIATIONS REPS	PRESS UPS REPS FEET ELEVATED	30 DEGREE ROW UP TO 20 REPS	PULL UP ISOMETRIC HOLD	60CM HOP AND STICK	BOX JUMP LOW BOX	LATERAL JUMPS OVER HURDLES	SINGLE ARM WEIGHTED HOLD INCREASE RESISTANCE	STANDING CHEST PASS AGAINST WALL	FRONT PLANK WITH SHOULDER TAP	TWISTING KETTLEBELL LIFT	CONTINUOUS EXERCISE 1	LOCKOUT WALKING	LADDER OR HURDLE DRILLS WALKING	ALTERNATE HEEL TO BUM WALKING
3	GOBLET HALF SQUAT REPS	RESISTANCE BAND PULL THROUGH REPS	90/90 SPLIT SQUAT REPS	PRESS UPS REPS FEET ON FLOOR	ISOMETRIC HOLD 30 DEGREE ANGLE	CHIN UP ISOMETRIC HOLD	60CM BROAD JUMP AND STICK	VERTICAL JUMP AND STICK WITH ARMS	LATERAL HOP AND STICK	SINGLE ARM WEIGHTED HOLD	KNEELING LATERAL THROW AGAINST WALL	SIDE PLANK	LOG CHOP	AEROBIC EXERCISE FORMS / TYPES	ACCELERATION WALL DRILL FULL SPEED	LATERAL SHUFFLE FULL SPEED	SPOTTY DOGS
2	GOBLET PARALLEL SQUAT ISOMETRIC HOLD	GOOD MORNING / WAITERS BOW REPS	90/90 SPLIT SQUAT HOLD BACK KNEE OFF FLOOR	PRESS UP ISO HOLD FEET ELEVATED	45 DEGREE ROW UP TO 20 REPS	ASSISTED PULL UP ISOMETRIC HOLD	30CM HOP AND STICK	VERTICAL JUMP AND STICK HANDS ON HIPS	LATERAL STEP AND STICK	DOUBLE ARM WEIGHTED HOLD INCREASE RESISTANCE	KNEELING OVERHEAD THROW AGAINST WALL	FRONT PLANK	HORIZONTAL BAND TWISTS	LEARNING ABOUT PACING	ACCELERATION WALL DRILL MARCHING	LATERAL SHUFFLE HALF SPEED	DOUBLE JUMPING JACKS
1	GOBLET HALF SQUAT ISOMETRIC HOLD	GOOD MORNING / WAITERS BOW ISOMETRIC HOLD	90/90 SPLIT SQUAT HOLD BACK KNEE ON FLOOR	PRESS UP ISO HOLD FEET ON FLOOR	ISOMETRIC HOLD 45 DEGREE ANGLE	ASSISTED CHIN UP ISOMETRIC HOLD	30CM BROAD JUMP AND STICK	LANDING MECHANICS STEP OFF BOX AND STICK	LATERAL JUMP AND STICK	DOUBLE ARM WEIGHTED HOLD	KNEELING CHEST PASS AGAINST WALL	DISH	STANDING DOWELL TWIST	INTRODUCTION TO AEROBIC EXERCISE	ACCELERATION WALL DRILL POSTURE HOLD	LATERAL SHUFFLE WALKING	SINGLE JUMPING JACKS



ACTIVITY LADDER



	LOWER BODY			UPPER BODY			JUMPS AND LANDING				THROWS	CORE		AEROBIC DEVELOPMENT	SPEED		COORDINATION	
	SQUAT	HIP	SINGLE LEG	PUSH	PULL		HORIZONTAL	VERTICAL	MULTI DIRECTIONAL			CARRIES	FRONT PLANK		SIDE PLANK	LINEAR		MULTI DIRECTIONAL
					HORIZONTAL	VERTICAL												
10	OVERHEAD PARALLEL SQUAT	SNATCH GRIP DEADLIFT FROM FLOOR	SINGLE LEG BOX SQUAT PARALLEL RESISTED	BARBELL BENCH PRESS	INVERTED ROW RESISTED FEET ON BOX	ROPE PULL NO LEGS	3 HOPS FOR DISTANCE	MULTIPLE HURDLE HOPS	SINGLE LEG MULTIDIRECTIONAL HOP MATRIX	WAITERS CARRY SINGLE ARM	EXPLOSIVE MED BALL SQUAT DIVE	FRONT PLANK 1 ARM 1 FOOT OFF FLOOR PARTNER RESISTED FOR REPS	SIDE PLANK WITH LEG AND ARM RAISE	RUNNING AEROBIC INTERVALS	MAX SPEED TECHNIQUE	REACTIVE MULTIPLE CHANGE OF DIRECTION	ALTERNATE SINGLE LEG SQUAT THRUST	
9	OVERHEAD HALF SQUAT	DEADLIFT FROM FLOOR	SINGLE LEG BOX SQUAT PARALLEL BODYWEIGHT	BARBELL FLOOR PRESS	INVERTED ROW RESISTED FEET ON FLOOR	CHIN / PULL UP RESISTED	BROAD JUMPS 3 JUMPS FOR DISTANCE	MULTIPLE HURDLE JUMPS INCREASE HEIGHT	MULTIDIRECTIONAL HOP MATRIX	WAITERS CARRY DOUBLE ARM	EXPLOSIVE MED BALL OVERHEAD BACKWARD	FRONT PLANK PARTNER RESISTED HOLD	SIDE PLANK WITH LEG RAISE	RUNNING 30 MINS	ACCELERATION TECHNIQUE	REACTIVE SINGLE CHANGE OF DIRECTION	JUMPING JACKS ONTO BOX	
8	RESISTED PARALLEL BACK SQUAT	DEADLIFT FROM BLOCKS / OFF PING	SINGLE LEG BOX SQUAT HALF RESISTED	NEUTRAL GRIP DB FLOOR PRESS	INVERTED ROW BW FEET ON BOX REPS	PULL UP	REPEATED HURDLE HOP AND STICK	MULTIPLE HURDLE JUMPS LOW HURDLES	45 DEGREE REPEATED HOP	SINGLE ARM FARMERS WALK	EXPLOSIVE MED BALL OVERHEAD FORWARD	FRONT PLANK 1 ARM 1 FOOT OFF FLOOR FOR REPS	SIDE PLANK HOLD 60 S	RUNNING 20 MINS	A DRILL RUNNING	PROGRAMMED MULTIPLE CHANGE OF DIRECTION	BACK STEPS BOUNCING	
7	RESISTED PARALLEL FRONT SQUAT	KETTLEBELL SWING	SINGLE LEG BOX SQUAT HALF BODYWEIGHT	RESISTED PRESS UP FEET ELEVATED	INVERTED ROW BW FEET ON FLOOR REPS	CHIN UP	REPEATED HURDLE JUMP AND STICK	HURDLE JUMP AND STICK INCREASE HEIGHT	45 DEGREE REPEATED STEP	DOUBLE ARM FARMERS WALK	EXPLOSIVE MED BALL OVERHEAD SLAM	FRONT PLANK 1 ARM 1 FOOT OFF FLOOR HOLD	SIDE PLANK HOLD 40 S	RUNNING 10 MINS	A DRILL SKIPPING	PROGRAMMED SINGLE CHANGE OF DIRECTION	BACK STEPS WITH ARMS	
6	RESISTED HALF BACK SQUAT	GOOD MORNING	RESISTED WALKING LUNGE	RESISTED PRESS UP FEET ON FLOOR	INVERTED ROW BW FEET ON BOX ISOMETRIC HOLD	PULL UP BAND ASSISTED	SINGLE HURDLE HOP AND STICK	HURDLE JUMP AND STICK LOW HURDLE	45 DEGREE REPEATED JUMP	POWERBAG OVER SHOULDER CARRY 1 SIDE	STANDING LATERAL THROW AGAINST WALL	FRONT PLANK 1 ARM OFF FLOOR FOR REPS	SIDE PLANK HOLD 20 S	BIKE / CROSS TRAINER / ROWER 30 MINS	LOCKOUT SKIPPING	LADDER / HURDLE DRILLS FULL SPEED	BACK STEPS HANDS ON HIPS	
5	RESISTED HALF FRONT SQUAT	ROMANIAN DEADLIFT	SPLIT SQUAT BACK LEG ELEVATED	STABILITY BALL PRESS UPS	INVERTED ROW BW FEET ON FLOOR ISOMETRIC HOLD	CHIN UP BAND ASSISTED	SINGLE HURDLE JUMP AND STICK	BOX JUMP INCREASE HEIGHT	LATERAL HOPS OVER HURDLES	POWERBAG OVER SHOULDER CARRY BOTH SHOULDERS	STANDING OVERHEAD THROW AGAINST WALL	FRONT PLANK 1 ARM OFF FLOOR HOLD	SIDE PLANK REPS	BIKE / CROSS TRAINER / ROWER 20 MINS	LOCKOUT WALKING PLATE RESISTED	LADDER / HURDLE DRILLS HALF SPEED	ALTERNATE HEEL TO BUM JUMPING	
4	GOBLET PARALLEL SQUAT REPS	BAND GOOD MORNING	LUNGE VARIATIONS REPS	PRESS UPS REPS FEET ELEVATED	30 DEGREE ROW UP TO 20 REPS	PULL UP ISOMETRIC HOLD	60CM HOP AND STICK	BOX JUMP LOW BOX	LATERAL JUMPS OVER HURDLES	SINGLE ARM WEIGHTED HOLD INCREASE RESISTANCE	STANDING CHEST PASS AGAINST WALL	FRONT PLANK HOLD 60 S	KNEELING SIDE PLANK HOLD 60 S	BIKE / CROSS TRAINER / ROWER 10 MINS	LOCKOUT WALKING	LADDER OR HURDLE DRILLS WALKING	ALTERNATE HEEL TO BUM WALKING	
3	GOBLET HALF SQUAT REPS	RESISTANCE BAND PULL THROUGH REPS	90/90 SPLIT SQUAT REPS	PRESS UPS REPS FEET ON FLOOR	ISOMETRIC HOLD 30 DEGREE ANGLE	CHIN UP ISOMETRIC HOLD	60CM BROAD JUMP AND STICK	VERTICAL JUMP AND STICK WITH ARMS	LATERAL HOP AND STICK	SINGLE ARM WEIGHTED HOLD	KNEELING LATERAL THROW AGAINST WALL	FRONT PLANK HOLD 40 S	KNEELING SIDE PLANK HOLD 40 S	WALKING 30 MINS	ACCELERATION WALL DRILL FULL SPEED	LATERAL SHUFFLE FULL SPEED	SPOTTY DOGS	
2	GOBLET PARALLEL SQUAT ISOMETRIC HOLD	GOOD MORNING / WAITERS BOW REPS	90/90 SPLIT SQUAT HOLD BACK KNEE OFF FLOOR	PRESS UP ISO HOLD FEET ELEVATED	45 DEGREE ROW UP TO 20 REPS	ASSISTED PULL UP ISOMETRIC HOLD	30CM HOP AND STICK	VERTICAL JUMP AND STICK HANDS ON HIPS	LATERAL STEP AND STICK	DOUBLE ARM WEIGHTED HOLD INCREASE RESISTANCE	KNEELING OVERHEAD THROW AGAINST WALL	FRONT PLANK HOLD 20 S	KNEELING SIDE PLANK HOLD 20 S	WALKING 20 MINS	ACCELERATION WALL DRILL MARCHING	LATERAL SHUFFLE HALF SPEED	DOUBLE JUMPING JACKS	
1	GOBLET HALF SQUAT ISOMETRIC HOLD	GOOD MORNING / WAITERS BOW ISOMETRIC HOLD	90/90 SPLIT SQUAT HOLD BACK KNEE ON FLOOR	PRESS UP ISO HOLD FEET ON FLOOR	ISOMETRIC HOLD 45 DEGREE ANGLE	ASSISTED CHIN UP ISOMETRIC HOLD	30CM BROAD JUMP AND STICK	LANDING MECHANICS STEP OFF BOX AND STICK	LATERAL JUMP AND STICK	DOUBLE ARM WEIGHTED HOLD	KNEELING CHEST PASS AGAINST WALL	KNEELING PLANK HOLD 20 S	KNEELING SIDE PLANK REPS	WALKING 10 MINS	ACCELERATION WALL DRILL POSTURE HOLD	LATERAL SHUFFLE WALKING	SINGLE JUMPING JACKS	

LOWER BODY

SQUAT	HIP	SINGLE LEG
OVERHEAD PARALLEL SQUAT	SNATCH GRIP DEADLIFT FROM FLOOR	SINGLE LEG BOX SQUAT PARALLEL RESISTED
OVERHEAD HALF SQUAT	DEADLIFT FROM FLOOR	SINGLE LEG BOX SQUAT PARALLEL BODYWEIGHT
RESISTED PARALLEL BACK SQUAT	DEADLIFT FROM BLOCKS / OFF PINS	SINGLE LEG BOX SQUAT HALF RESISTED
RESISTED PARALLEL FRONT SQUAT	KETTLEBELL SWING	SINGLE LEG BOX SQUAT HALF BODYWEIGHT
RESISTED HALF BACK SQUAT	GOOD MORNING	RESISTED WALKING LUNGE
RESISTED HALF FRONT SQUAT	ROMANIAN DEADLIFT	SPLIT SQUAT BACK LEG ELEVATED
GOBLET PARALLEL SQUAT REPS	BAND GOOD MORNING	LUNGE VARIATIONS REPS
GOBLET HALF SQUAT REPS	RESISTANCE BAND PULL THROUGH REPS	90/90 SPLIT SQUAT REPS
GOBLET PARALLEL SQUAT ISOMETRIC HOLD	GOOD MORNING / WAITERS BOW REPS	90/90 SPLIT SQUAT HOLD BACK KNEE OFF FLOOR
GOBLET HALF SQUAT ISOMETRIC HOLD	GOOD MORNING / WAITERS BOW ISOMETRIC HOLD	90/90 SPLIT SQUAT HOLD BACK KNEE ON FLOOR



LOWER BODY

SQUAT

OVERHEAD
PARALLEL
SQUAT

OVERHEAD
HALF SQUAT

RESISTED
PARALLEL
BACK SQUAT

RESISTED
PARALLEL
FRONT SQUAT

RESISTED
HALF BACK
SQUAT

RESISTED
HALF FRONT
SQUAT

GOBLET
PARALLEL
SQUAT
REPS

GOBLET
HALF SQUAT
REPS

GOBLET
PARALLEL
SQUAT
ISOMETRIC HOLD

GOBLET HALF SQUAT
ISOMETRIC HOLD

1



GOBLET HALF SQUAT - ISOMETRIC HOLD



DIFFICULTY



- Start with feet shoulder width apart
- Feet pointing forwards
- Hold Medicine ball in hands just under your chin
- Spread the floor (shift bodyweight to outside of feet)



- Sit down by moving hips back & down
- Once upper leg is halfway to parallel with floor hold this position
- Keep back straight (arch lower back)
- Keep knees in line with toes
- Head up looking forward



- Push down on the floor
- Straighten legs and hips to stand tall
- Pop hips through at the top-squeeze Glutes to lockout
- Head up looking forward



POINTS ZONE

10 SECS HOLD = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS

HANDHELD DEVICE ZONE

VIDEO DEMO...



MAKE IT EASIER...

MAKE IT HARDER...



LEARNING ZONE

G

GRADUALLY
MAKE
HARDER

A

APPLY TO
•EVERYDAY LIFE
•SPORT

I

IMPROVE
AND
INNOVATE

N

NEVER SET
UNREALISTIC
TARGETS
NO CHEATING

S

SAFE EXERCISE
AT ALL TIMES
IN ALL AREAS

Dylan Blain

SCHOOL FITNESS 3T

LOWER BODY

SQUAT

OVERHEAD
PARALLEL
SQUAT

OVERHEAD
HALF SQUAT

RESISTED
PARALLEL
BACK SQUAT

RESISTED
PARALLEL
FRONT SQUAT

RESISTED
HALF BACK
SQUAT

RESISTED
HALF FRONT
SQUAT

GOBLET
PARALLEL
SQUAT
REPS

GOBLET
HALF SQUAT
REPS

GOBLET
PARALLEL
SQUAT
ISOMETRIC HOLD

GOBLET HALF SQUAT
ISOMETRIC HOLD

3



GOBLET HALF SQUAT - REPS

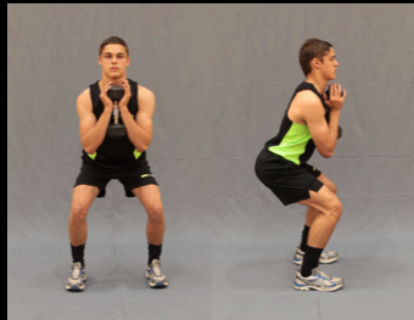


DIFFICULTY

3



- Start with feet shoulder width apart
- Feet pointing forwards
- Hold Medicine ball in hands just under your chin
- Spread the floor (shift bodyweight to outside of feet)



- Sit down by moving hips back & down
- Keep back straight (arch lower back)
- Keep knees in line with toes
- Head up looking forward



- Once upper leg is halfway to parallel with floor push down on the floor to begin upward phase
- Straighten legs and hips to stand tall
- Pop hips through at the top-squeeze Glutes to lockout



POINTS ZONE

10 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



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LOWER BODY	
SQUAT	
OVERHEAD PARALLEL SQUAT	
OVERHEAD HALF SQUAT	
RESISTED PARALLEL BACK SQUAT	
RESISTED PARALLEL FRONT SQUAT	
RESISTED HALF BACK SQUAT	
RESISTED HALF FRONT SQUAT	
GOBLET PARALLEL SQUAT REPS	
GOBLET HALF SQUAT REPS	
GOBLET PARALLEL SQUAT ISOMETRIC HOLD	
GOBLET HALF SQUAT ISOMETRIC HOLD	

4



GOBLET PARALLEL SQUAT-REPS



DIFFICULTY

4

POINTS ZONE

10 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



- Start with feet shoulder width apart
- Feet pointing forwards
- Hold Medicine ball in hands just under your chin
- Spread the floor (shift bodyweight to outside of feet)



- Sit down by moving hips back & down
- Keep back straight (arch lower back)
- Keep knees in line with toes
- Head up looking forward



- Once upper leg is parallel with floor push down on the floor to begin upward phase
- Straighten legs and hips to stand tall
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VIDEO DEMO...



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HALF SQUAT

RESISTED
PARALLEL
BACK SQUAT

RESISTED
PARALLEL
FRONT SQUAT

RESISTED
HALF BACK
SQUAT

RESISTED
HALF FRONT
SQUAT

GOBLET
PARALLEL
SQUAT
REPS

GOBLET
HALF SQUAT
REPS

GOBLET
PARALLEL
SQUAT
ISOMETRIC HOLD

GOBLET HALF SQUAT
ISOMETRIC HOLD

5



RESISTED HALF FRONT SQUAT

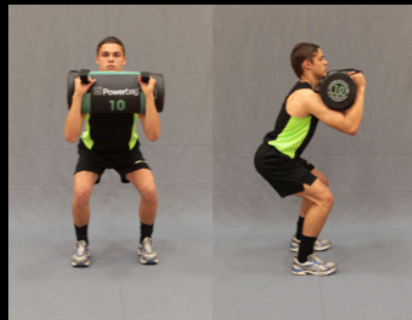


DIFFICULTY

5



- Start with feet shoulder width apart
- Feet pointing forwards
- Grip PowerBag, resting it on your arms
- Spread the floor (shift bodyweight to outside of feet)



- Sit down by moving hips back & down
- Once upper leg is half way to parallel with floor-return to start position
- Keep back straight (arch lower back)
- Keep knees in line with toes
- Head up looking forward



- Push down on the floor
- Straighten legs and hips to stand tall
- Pop hips through at the top-squeeze Glutes to lockout
- Head up looking forward



POINTS ZONE

10 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



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HALF SQUAT

RESISTED
PARALLEL
BACK SQUAT

RESISTED
PARALLEL
FRONT SQUAT

RESISTED
HALF BACK
SQUAT

RESISTED
HALF FRONT
SQUAT

GOBLET
PARALLEL
SQUAT
REPS

GOBLET
HALF SQUAT
REPS

GOBLET
PARALLEL
SQUAT
ISOMETRIC HOLD

GOBLET HALF
SQUAT
ISOMETRIC HOLD

6



RESISTED HALF BACK SQUAT



DIFFICULTY

6



- Start with feet shoulder width apart
- Feet pointing forwards
- Grip PowerBag, resting it on your arms
- Spread the floor (shift bodyweight to outside of feet)



- Sit down by moving hips back & down
- Once upper leg is parallel with floor- return to start position
- Keep back straight (arch lower back)
- Keep knees in line with toes
- Head up looking forward



- Push down on the floor
- Straighten legs and hips to stand tall
- Pop hips through at the top-squeeze Glutes to lockout
- Head up looking forward



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HALF SQUAT

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RESISTED
PARALLEL
FRONT SQUAT

RESISTED
HALF BACK
SQUAT

RESISTED
HALF FRONT
SQUAT

GOBLET
PARALLEL
SQUAT
REPS

GOBLET
HALF SQUAT
REPS

GOBLET
PARALLEL
SQUAT
ISOMETRIC HOLD

GOBLET HALF SQUAT
ISOMETRIC HOLD

7



RESISTED PARALLEL FRONT SQUAT



DIFFICULTY

7



- Start with feet shoulder width apart
- Feet pointing forwards
- Grip PowerBag, resting it on your arms
- Spread the floor (shift bodyweight to outside of feet)



- Sit down by moving hips back & down
- Once upper leg is parallel with floor- return to start position
- Keep back straight (arch lower back)
- Keep knees in line with toes
- Head up looking forward



- Push down on the floor
- Straighten legs and hips to stand tall
- Pop hips through at the top-squeeze Glutes to lockout
- Head up looking forward



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10 REPS = 1 POINT

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LOWER BODY

SQUAT

OVERHEAD
PARALLEL
SQUAT

OVERHEAD
HALF SQUAT

RESISTED
PARALLEL
BACK SQUAT

RESISTED
PARALLEL
FRONT SQUAT

RESISTED
HALF BACK
SQUAT

RESISTED
HALF FRONT
SQUAT

GOBLET
PARALLEL
SQUAT
REPS

GOBLET
HALF SQUAT
REPS

GOBLET
PARALLEL
SQUAT
ISOMETRIC HOLD

GOBLET HALF
SQUAT
ISOMETRIC HOLD

8



RESISTED PARALLEL BACK SQUAT



DIFFICULTY

8



- Start with feet shoulder width apart
- Feet pointing forwards
- Grip PowerBag, resting it on your shoulders
- Spread the floor (shift bodyweight to outside of feet)



- Sit down by moving hips back & down
- Once upper leg is parallel with floor- return to start position
- Keep back straight (arch lower back)
- Keep knees in line with toes
- Head up looking forward



- Push down on the floor
- Straighten legs and hips to stand tall
- Pop hips through at the top-squeeze Glutes to lockout
- Head up looking forward



POINTS ZONE

10 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



HANDHELD DEVICE ZONE

VIDEO DEMO...



MAKE IT EASIER...



MAKE IT HARDER...



LEARNING ZONE

G

GRADUALLY
MAKE
HARDER

A

APPLY TO
•EVERYDAY LIFE
•SPORT

I

IMPROVE
AND
INNOVATE

N

NEVER SET
UNREALISTIC
TARGETS
NO CHEATING

S

SAFE EXERCISE
AT ALL TIMES
IN ALL AREAS

Dylan Blain

SCHOOL FITNESS 3T

LOWER BODY

SQUAT

OVERHEAD
PARALLEL
SQUAT

OVERHEAD
HALF SQUAT

RESISTED
PARALLEL
BACK SQUAT

RESISTED
PARALLEL
FRONT SQUAT

RESISTED
HALF BACK
SQUAT

RESISTED
HALF FRONT
SQUAT

GOBLET
PARALLEL
SQUAT
REPS

GOBLET
HALF SQUAT
REPS

GOBLET
PARALLEL
SQUAT
ISOMETRIC HOLD

GOBLET HALF
SQUAT
ISOMETRIC HOLD

9



OVERHEAD HALF SQUAT



DIFFICULTY

9 ● ● ● ● ●



- Start with feet shoulder width apart
- Feet pointing forwards
- Grip Bar overhead with hands slightly further than shoulder width
- Spread the floor (shift bodyweight to outside of feet)



- Sit down by moving hips back & down
- Once upper leg is half way to parallel with floor-return to start position
- Keep back straight (arch lower back)
- Keep knees in line with toes
- Head up looking forward



- Push down on the floor
- Straighten legs and hips to stand tall
- Pop hips through at the top-squeeze Glutes to lockout
- Head up looking forward



POINTS ZONE

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