

SCHOOL GYM 2012

SCHOOL FITNESS 3T

A FUNCTIONAL FITNESS PATHWAY FOR ALL

School Fitness 3T

Training Testing Technique

RESOURCE CARDS

Lower Body – Hip Hinge

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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 DOWEL 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	WAITER'S 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	WAITER'S 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 FARMER'S 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 FARMER'S 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 / WAITER'S 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 / WAITER'S 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

HIP

SNATCH GRIP
DEADLIFT
FROM FLOOR

DEADLIFT
FROM FLOOR

DEADLIFT
FROM BLOCKS /
OFF PINS

KETTLEBELL
SWING

GOOD
MORNING

ROMANIAN
DEADLIFT

BAND GOOD
MORNING

RESISTANCE
BAND PULL
THROUGH
REPS

GOOD
MORNING /
WAITERS BOW
REPS

GOOD
MORNING /
WAITERS BOW
ISOMETRIC HOLD

1



GOOD MORNING/WAITERS BOW - ISOMETRIC HOLD



DIFFICULTY

1



- Start with feet shoulder width apart
- Feet pointing forwards
- Place bar behind back and in-front of your elbows
- Arch lower back



- Bend by hinging from the hips (imagine a rope around your waist pulling you backwards)
- Maintain the arch in your lower back
- Hold at the bottom for desired time



- Straighten and stand tall
- Pop your hips through at the top
- Squeeze your glutes to lockout at the top



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

HIP

SNATCH GRIP
DEADLIFT
FROM FLOOR

DEADLIFT
FROM FLOOR

DEADLIFT
FROM BLOCKS /
OFF PINS

KETTLEBELL
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BAND GOOD
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RESISTANCE
BAND PULL
THROUGH
REPS

GOOD
MORNING /
WAITERS BOW
REPS

GOOD
MORNING /
WAITERS BOW
ISOMETRIC HOLD

2

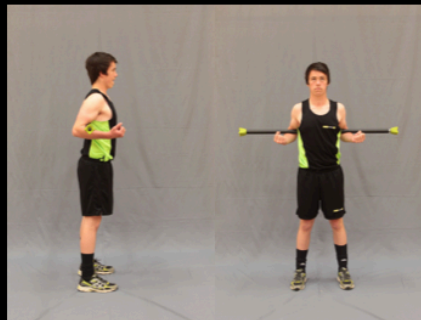


GOOD MORNING/WAITERS BOW - REPS



DIFFICULTY

2



- Start with feet shoulder width apart
- Feet pointing forwards
- Place bar behind back and in-front of your elbows
- Arch lower back



- Bend by hinging from the hips (imagine a rope around your waist pulling you backwards)
- Maintain the arch in your lower back



- Straighten and stand tall
- Pop your hips through at the top
- Squeeze your glutes to lockout at the top
- Repeat for desired number of reps



POINTS ZONE

10 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



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RESISTANCE
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GOOD
MORNING /
WAITERS BOW
REPS

GOOD
MORNING /
WAITERS BOW
ISOMETRIC HOLD

3



RESISTANCE BAND PULL THROUGHS: REPS

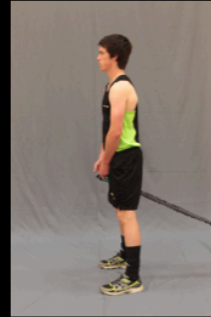


DIFFICULTY

3



- Start with feet shoulder width apart
- Feet pointing forwards
- Get a partner to sit directly behind you holding a resistance band
- Grip the resistance band between your legs by hinging from the hips
- Arch lower back



- Straighten and stand tall
- Pop your hips through at the top
- Squeeze your glutes to lockout at the top



- Repeat the movement
- Bend by hinging from the hips (imagine a rope around your waist pulling you backwards)
- Maintain the arch in your lower back



POINTS ZONE

10 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



HANDHELD DEVICE ZONE

VIDEO DEMO...



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LOWER BODY

HIP

SNATCH GRIP
DEADLIFT
FROM FLOOR

DEADLIFT
FROM FLOOR

DEADLIFT
FROM BLOCKS /
OFF PINS

KETTLEBELL
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RESISTANCE
BAND PULL
THROUGH
REPS

GOOD
MORNING /
WAITERS BOW
REPS

GOOD
MORNING /
WAITERS BOW
ISOMETRIC HOLD

4



BAND GOOD MORNING



DIFFICULTY

4



- Start with feet shoulder width apart
- Feet pointing forwards
- Place a resistance band under your feet and over your shoulders
- Arch lower back



- Bend by hinging from the hips (imagine a rope around your waist pulling you backwards)
- Maintain the arch in your lower back
- Control the movement



- Straighten and stand tall
- Pop your hips through at the top
- Squeeze your glutes to lockout at the top



POINTS ZONE

10 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



HANDHELD DEVICE ZONE

VIDEO DEMO...



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SNATCH GRIP
DEADLIFT
FROM FLOOR

DEADLIFT
FROM FLOOR

DEADLIFT
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KETTLEBELL
SWING

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BAND GOOD
MORNING

RESISTANCE
BAND PULL
THROUGH
REPS

GOOD
MORNING /
WAITERS BOW
REPS

GOOD
MORNING /
WAITERS BOW
ISOMETRIC HOLD

5



ROMANIAN DEADLIFT



DIFFICULTY

5



- Start with feet shoulder width apart
- Feet pointing forwards
- Lower the bar by hinging from the hips (imagine a rope around your waist pulling you backwards)



- Slightly bend your legs as you lower the bar
- Keep the bar close to your shins
- Maintain the arch in your lower back
- Keep your weight on your heels



- Straighten and stand tall
- Pop your hips through at the top
- Squeeze your glutes to lockout at the top



POINTS ZONE

10 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



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FROM FLOOR

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RESISTANCE
BAND PULL
THROUGH
REPS

GOOD
MORNING /
WAITERS BOW
REPS

GOOD
MORNING /
WAITERS BOW
ISOMETRIC HOLD

6



GOOD MORNING



DIFFICULTY

6



- Start with feet shoulder width apart
- Feet pointing forwards
- Place bar behind back and in-front of your elbows
- Arch lower back



- Bend by hinging from the hips (imagine a rope around your waist pulling you backwards)
- Maintain the arch in your lower back



- Straighten and stand tall
- Pop your hips through at the top
- Squeeze your glutes to lockout at the top



POINTS ZONE

10 REPS = 1 POINT

MAXIMUM OF 2 POINTS PER SET

AVAILABLE ACHIEVEMENTS



HANDHELD DEVICE ZONE

VIDEO DEMO...



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KETTLEBELL
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DEADLIFT

BAND GOOD
MORNING

RESISTANCE
BAND PULL
THROUGH
REPS

GOOD
MORNING /
WAITERS BOW
REPS

GOOD
MORNING /
WAITERS BOW
ISOMETRIC HOLD

7



KETTLEBELL SWING



DIFFICULTY

7



- Start with feet shoulder width apart
- Feet pointing forwards
- Hold KettleBell between legs
- Bend by hinging from the hips
- Arch lower back



- Straighten and stand tall
- Pop your hips through at the top
- Squeeze your glutes to lockout at the top
- Swing the kettle bell through with straight arms



- Lower the kettlebell back to starting position by hinging from the hips
- Maintain the arch in your lower back



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

HIP

SNATCH GRIP
DEADLIFT
FROM FLOOR

DEADLIFT
FROM FLOOR

DEADLIFT
FROM BLOCKS /
OFF PINS

KETTLEBELL
SWING

GOOD
MORNING

ROMANIAN
DEADLIFT

BAND GOOD
MORNING

RESISTANCE
BAND PULL
THROUGH
REPS

GOOD
MORNING /
WAITERS BOW
REPS

GOOD
MORNING /
WAITERS BOW
ISOMETRIC HOLD

8



DEADLIFT - FROM BLOCKS/OFF PINS



DIFFICULTY

8



- Start with feet shoulder width apart
- Feet and knees pointing forwards
- Have the bar on blocks/pins to start
- Keep back straight
- Hinge at hip to grip bar
- Grip bar slightly further than shoulder width with overhand grip



- Push weight through your heels
- Straighten and stand tall
- Pop your hips through at the top
- Squeeze your glutes to lockout at top
- Keep your head up & looking forward throughout movement



- Lower the bar by hinging from the hips (imagine a rope around your waist pulling you backwards)
- Keep the bar close to your shins
- Maintain a straight back throughout
- Repeat for desired reps



POINTS ZONE

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MORNING /
WAITERS BOW
REPS

GOOD
MORNING /
WAITERS BOW
ISOMETRIC HOLD

9

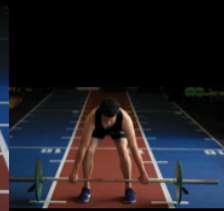


DEADLIFT - FROM FLOOR



DIFFICULTY

9 ● ● ● ● ●



- Start with feet shoulder width apart
- Feet and knees pointing forwards
- Have the bar on the floor
- Keep back straight
- Hinge at hip to grip bar
- Grip bar slightly further than shoulder width with overhand grip



- Push weight through your heels
- Straighten and stand tall
- Pop your hips through at the top
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BAND GOOD MORNING

RESISTANCE BAND PULL THROUGH REPS

GOOD MORNING / WAITERS BOW REPS

GOOD MORNING / WAITERS BOW ISOMETRIC HOLD

10



SNATCH GRIP DEADLIFT - FROM FLOOR



DIFFICULTY

10 ● ● ● ● ●



- Start with feet shoulder width apart
- Feet and knees pointing forwards
- Have the bar on the floor
- Keep back straight
- Hinge at hip to grip bar
- Grip bar further than shoulder width with overhand grip (elbow to elbow)



- Push weight through your heels
- Straighten and stand tall
- Pop your hips through at the top
- Squeeze your glutes to lockout at top
- Keep your head up & looking forward throughout movement



- Lower the bar by hinging from the hips (imagine a rope around your waist pulling you backwards)
- Keep the bar close to your shins
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