

Upper Body Push

Name	Movement	Muscles Worked	Barbell Set Up	Quick Tips	Link to Exercise
Split Stance Standing Press	Strength Push	Chest, shoulders, lower body, stabilizers	40-46"	Start with bar at chest, hips square and glute activated, don't let upper body go back during press, control barbell downward	https://www.instagram.com/p/BldUH5pnxD6/
Offset-Load split stance Press	Strength Push, Core, Stability	Chest, core, Stabilizers	44"	Keep core tight, slow controlled reps, hold last rep as long as possible with arms bent at 45 degrees	https://www.instagram.com/p/BnXa9adFH5j/
SL Standing Press	Strength Push, Stability	Chest, shoulders, lower body, stabilizers	44"	Start with bar at chest, keep hips square and squeeze glute, don't let upper body go back during press, control barbell coming back	https://www.instagram.com/p/BlBaesbFU22/
Barbell Standing Shoulder Press	Push Strength	Shoulders, traps, chest, lats	50-52"	Walk the bar out and start at shoulders, press up and out, keep lower body still	https://www.instagram.com/p/BmyWEOGFxT1/

Upper Body Pull

Henny Row	Strength Pull	Shoulders, lats	30-40"	Sit back like sitting in chair, don't let body fall forward, row to your chest	https://www.instagram.com/p/BkGWNBXFzqt/?hl=en&taken-by=hennyattachment
SL Barbell row (hold BB)	Strength Pull, Stability	Shoulders, lats, front leg stability	33"	Sit back like sitting in chair, don't let body fall forward, row to your chest	https://www.instagram.com/p/Bkge41DlxoU/
Face Pulls	Strength Pull, Shoulder care	Shoulders, posterior deltoids, traps	9-14"	Cross attachments, start with arms extended in front, row arms back then externally rotate shoulders	https://www.instagram.com/p/BplAv1Ph3mA/?taken-by=hennyattachment
Upright Row	Strength Pull	Shoulders, traps	20-24"	Start with hands low and pull up to face, keep lower body still and core tight	https://www.instagram.com/p/Bo2rBxdhEeO/?taken-by=hennyattachment

Lower Body

Standing Kickback	Strength Push	Glutes, Hamstrings, hip extensors	6-12"	Lean upper body forward and hold onto rack with positive front leg shin angle, fully extend hip, knee, and ankle, do not externally rotate hip, slow and control eccentric phase	https://www.instagram.com/p/BocD74GgpFZ/?taken-by=overachievers
Barbell Row Thrust	Pull strength	Glutes, back	24-30"	Start in normal Henny row position, pull bar in while extending lower body, control movement back to start	https://www.instagram.com/p/BoKM8Dsh3f3/
Launch Squat Press w/ bands	Ballistic/Plyo, Strength Push	Total body movement	26-30"	Start with hamstrings loaded, fully extend lower body while pushing barbell overhead, ends at full body extension, keep core tight	https://www.instagram.com/p/BlbtYq_HC7D/ (add bands)

SL Horizontal box jumps	Ballistic/Plyo, Stability, Ankle Mobility	Quads, hamstrings, glutes, calves	40-46"	Keep bar at neutral 45 degree hold the entire time, load hamstring and explode forward, hold position on box for a second	https://www.instagram.com/p/Bn6nSrEFqfV/
Band Reverse Lunge w/ Slider	Strength, Stability	Quads, hip flexors, stabilizers	5-9"	Start with strong resistance and slide back with bar still in front of rack, keep lats locked and back (can use plate or dumbbell to activate)	https://www.instagram.com/p/BgggIPDIHN/?hl=en&taken-by=hennyattachment
Supine Hack Squat w/ Yoke bar	Ballistic/Plyo, Strength Push	Lower body, back	40"	Lean back, use normal squat technique, explode up and out to full extension	https://www.instagram.com/p/BjSqWEYlaMb/
Prone Hack Squat w/ Yoke Bar	Ballistic/Plyo, Strength Push	Lower body, back	40"	Walk forward then set feet so body is at 45° angle, control squat backwards and explode out to triple extension	https://www.instagram.com/p/BpceDYVByXn/?utm_source=ig_share_sheet&igshid=gg9hdiv5ausu
SL Launch Squat Press	Ballistic/Plyo, Strength Push, Stability	Total body movement	36-42"	Start with hamstring loaded, fully extend lower body while pushing barbell overhead, ends at full body extension, keep core tight	https://www.instagram.com/p/BoebP5FAe0H/?taken-by=overachievers
Standing kickbacks w/ slant-board	Strength Push, Ankle Mobility	Glutes, Hamstrings, hip extensors	6-12"	Lean upper body forward and hold onto rack, full extension of hip, knee, and ankle, do not externally rotate hip, slow and control eccentric phase	https://www.instagram.com/p/BosFinZAYRB/?taken-by=overachievers (second half of video)
Step-Up w/ hip belt	Ballistic/Plyo, Strength Push, Stabilizers	Hamstrings, Glutes, hip extensors	4-10"	Have hip belt at waist, explode up and resisted from being pulled back, hold end position for a second	https://www.instagram.com/p/Bh1hwqglzJ/
Reverse Lunge w/ Belt and Slider	Pull Strength	Quads, hamstrings, glutes	4-10"	Start with strong resistance and slide back with bar still in front of rack, keep lats locked and back (can use plate or dumbbell to activate)	https://www.instagram.com/p/BgggIPDIHN/?hl=en&taken-by=hennyattachment
Launch Leg Press w/ Belt	Strength Push	Quads, Hamstrings, Glutes	28-32" 15-18" (belt)	Place barbell on upper back and forearms into belt, place block at feet to keep in place, explode out into triple extension, control back motion	https://www.instagram.com/p/BplwDEZBw1D/

Speed Training/Ballistic

45° SL Isometric barbell hold	Stability	Total Body	40-46"	Keep arms fully extended, bring one knee up while on ball of other foot, hold for 3 seconds and rapidly switch	https://www.instagram.com/p/BimmfToALud/
High Knee March	Metabolic Conditioning, Sprint Mechanics	Hip Flexors, upper body	44-50"	Body at 45° acceleration angle, arms fully extended, drive knees to chest, flex ankle and keep torso stiff, put face into ground	https://www.instagram.com/p/BnmtelVBt57/
SL Horizontal box jumps	Ballistic/Plyo, Stability, Ankle Mobility	Quads, hamstrings, glutes, calves	40-46"	Keep bar at neutral 45 degree hold the entire time, load hamstring and explode forward, hold position on box for a second	https://www.instagram.com/p/Bn6nSrEFqfV/
Supine Hack Squat w/ Yoke bar	Ballistic/Plyo, Strength Push	Lower body, back	40"	Lean back, use normal squat technique, explode up and out to full extension	https://www.instagram.com/p/BjSqWEYlaMb/

Prone Hack Squat w/ Yoke Bar	Ballistic/Plyo, Strength Push	Lower body, back	40"	Walk forward then set feet so body is at 45° angle, control squat backwards and explode out to triple extension	https://www.instagram.com/p/BpceDYVByXn/?utm_source=ig_share_sheet&igshid=gg9hdiv5ausu
SL Launch Squat Press	Ballistic/Plyo, Strength Push, Stability	Total body movement	36-42"	Start with hamstring loaded, fully extend lower body while pushing barbell overhead, ends at full body extension, keep core tight	https://www.instagram.com/p/BoebP5FAe0H/?taken-by=overachievers
Step-Up w/ hip belt	Ballistic/Plyo, Strength Push, Stabilizers	Hamstrings, Glutes, hip extensors	4-10"	Have hip belt at waist, explode up and resisted from being pulled back, hold end position for a second	https://www.instagram.com/p/BhIhwqglzhj/
High Knee Marches w/ front barbell hold	Metabolic Conditioning, Sprint Mechanics	Hip Flexors, upper body	44-48"	Body at sprint angle, arms constantly holding barbell at 90 degrees, drive knees to chest, flex ankle	https://www.instagram.com/p/BoKtjDXBOGZ/?taken-by=hennyattachment
Sprint Starts w/ Belt	Sprint Mechanics	Quads, hamstrings, glutes	26-30" 12-18" (belt)	Lay forearms on belt and lock down upper body, get into low sprint stance with weight on front leg, drive back knee forward	https://www.instagram.com/p/BpSjWxfBSeu/?utm_source=ig_share_sheet&igshid=h0ck9s150l0b
Launch Leg Press w/ Belt	Strength Push	Quads, Hamstrings, Glutes	28-32" 15-18" (belt)	Place barbell on upper back and forearms into belt, place block at feet to keep in place, explode out into triple extension, control back motion	https://www.instagram.com/p/BplwDEZBw1D/

Metabolic Conditioning

High Knee March	Metabolic Conditioning, Sprint Mechanics	Hip Flexors, upper body	44-50"	Body at 45° acceleration angle, arms fully extended, drive knees to chest, flex ankle and keep torso stiff, put face into ground	https://www.instagram.com/p/BnmtelVBt57/
High Knee Marches w/ front barbell hold	Metabolic Conditioning, Sprint Mechanics	Hip Flexors, upper body	44-48"	Body at sprint angle, arms constantly holding barbell at 90 degrees, drive knees to chest, flex ankle	https://www.instagram.com/p/BoKtjDXBOGZ/?taken-by=hennyattachment
Bear Crawls with Hip Belt	Metabolic Conditioning, Stability	Shoulders, core	4-10"	Have palms directly under shoulders, hips level and knees close to ground, control crawl backwards	https://www.instagram.com/p/BkkStKwISk0/?taken-by=hennyattachment
Lateral Bear Crawls with Hip Belt	Metabolic Conditioning, Stability	Shoulders, core	4-10"	Have palms directly under shoulders, hips level and knees close to ground, don't cross over limbs- shuffle, control crawl back	
Lateral Walks	Core, Stability	Total Body	4-10"	Sink hips, load hamstrings, take small steps side to side without crossing over feet	
Mountain Climbers	Metabolic Conditioning, Core	Total Body	9-14"	Hold bar in front of you with slight bend in elbows, walk out the bar but stay low, rapidly drive knees and shuffle feet forward	https://www.instagram.com/p/Bh7NHHIFIO4/?taken-by=hennyattachment
Henny Resisted Hops	Metabolic Conditioning, Core, Stability	Total Body	6-12"	Keep arms in a fixed position the entire time, keep core engaged and take 3-4 small hops forward, then take 3-4 controlled hop backwards to start	https://www.instagram.com/p/BhFls8-IKsg/?taken-by=hennyattachment

Injury Prevention

Wall Slides	Shoulder care	Shoulder, lower trap	9-14"	Start with elbows at side, don't press up, rotate shoulders as hands move upwards, little force- stay close to rack	https://www.instagram.com/p/BplAv1Ph3mA/?taken-by=hennyattachment
Linear sticks	Injury prevention	Quads, Hamstrings	4-10"	Sink hips and load hamstrings when landing, control weight moving forward	
Belt Marches	Injury Prevention, Stability	ACL	4-10"	Sit back and stay low, about 5-6 steps backwards, 5-6 controlled steps forward	https://www.instagram.com/p/BI3P9vjHRRf/?taken-by=hennyattachment

Core/Rotational

Offset-Load split stance Press	Strength Push, Core, Stability	Chest, core, Stabilizers	40-46"	Keep core tight, slow controlled reps, hold last rep as long as possible with arms bent at 45 degrees	https://www.instagram.com/p/BnXa9adFH5j/
Bear Crawls with Hip Belt	Metabolic Conditioning, Stability	Shoulders, core	4-10"	Have palms directly under shoulders, hips level and knees close to ground, control crawl backwards	https://www.instagram.com/p/BkkStKwISk0/?taken-by=hennyattachment
Lateral Bear Crawls with Hip Belt	Metabolic Conditioning, Stability	Shoulders, core	4-10"	Have palms directly under shoulders, hips level and knees close to ground, don't cross over limbs- shuffle, control crawl back	
Plate Roll and Slide	Core, Stability	Core, total body	4-10"	Start with resistance from barbell and set-up in push-up position, slide or roll plate out then back in keeping everything else tight and engaged	https://www.instagram.com/p/BjAl3s6lQc3/?hl=en&taken-by=hennyattachment
Henny Resisted Hops	Metabolic Conditioning, Core, Stability	Total Body	6-12"	Keep arms in a fixed position the entire time, keep core engaged and take 3-4 small hops forward, then take 3-4 controlled hop backwards to start	https://www.instagram.com/p/BhFls8-lKsq/?taken-by=hennyattachment