



Boothby Performance Exercise Pairings



Squat

- Hip Mobility
- Ankle Mobility
- Adductor Roll
- TFL Roll

RDL

- T hip Rotation
- Glute Roll
- Glute Bridge

Bench

- Scapular Mobility
- Pec Stretch
- Pec Roll

Split Squat

- Quad Stretch
- Glute Activation

OHPress

- Wall Slides
- Floor Slides

Chops/Lifts

- Core Anti-Rotation

Row

- Scapular Mobility
- Scapular Stability

Total Body

- Hip Mobility
- Ankle Mobility
- T - Spine



Advanced



Hang Clean

Snatch

Box Squat

Bench Press

Rear Elevated Split Squat

Standing OH Press

1 Leg RDL

Pull-ups

Deadlift

Rotational Row

Front Squat Rev. Vslide Lunge

BBLateral Lunge

Boothby

High Pull

OH Sq w/Bar

Box Squat w/Bar

Bench Press w/Bar

PVC Overhead Split Squat

1 Leg on Bench OH KB Press

2 Arm 1 Leg RDL

Chin-ups

Trap Bar Deadlift

Rotational Lift

BB Reverse Lunge

DB V Slide Lateral Lunge



Jump Shrug

1 Arm DB Snatch

Box Squat w/Dowel

2 Arm Alt DB Bench

Unbalanced KB Split Squat

Stagered Stance OH KB Press

Contralateral RDL

Assisted Chin-ups

1 ArmDB Deadlift

Rotational and Lateral Squat

Traveling DB Lunge

3 Way Lunge

Performance

RDL

Muscle Snatch

Goblet Squat

2 Arm DB Bench

Split Squat Standups w/KB's

Split Squat KB Overhead Standups

Ipsilateral RDL

Alt Kneeling Pull-Downs

KB Pickups

1/2 Kneeling Stability Lift

Forward Lunge

Postural Slide Board



Beginner



Hip Hinge W/PVC

OH Squat w/Dowel

BW Box Squat w/mini band

1 Arm DB Bench

Split Squat Standups

Wall Breathing W/Arm Slides

1 Leg RDL w/Dowel on Back

Kneeling Pull-Downs

RDL

1/2 Kneeling Stability Chop

Reverse Lunge

Lateral Squat



Dynamic Core Stability



Side Plank

Assisted Overhead Squat

Quadruped Diagonals

Cable Chops (supine-kneel-1/2kneel-squat)

Cable Lifts (supine-kneel-1/2kneel-squat)

RNT 1 Leg Glute Bridge

Glut Bridge w/ 1 Leg Abd + Add

Squat w/ mini band

Cross Band Squats

Bottoms-up KB Squats

BB Squat w/ reverse bands

Farmer Walks

Lying Tennis Ball Overhead Reach

Foam Roller T-Spine Extension

Kneeling Lat Stretch

Pec Stretch

T-Spine Extension w/ PVC

Shoulder Distraction w/ Band

Side Lying Windmill

Quadruped T-Spine Ext + Rotation

Quadruped Cat-Camel

Bretzel 1.0

Rolling

Lying Wipers

Quadruped Band Resisted Hip Extension

Quadruped Diagonals

Quadruped Band Resisted Diagonals

Glute Bridge w/ 1 Leg Abd + Add

Paloff Press (kneel - 1/2 kneel - stand)

Cable Chops

Cable Lifts

3 Point Plank



Single Leg Stance Core & Hip Stability



Assisted Mountain Climber

Active Straight Leg Raise w/ Core Activation

1 Leg Glute Bridge w/ Core Activation

Val-Slide Mountain Climber

Resisted Quadruped Hip Extension

Resisted Quadruped Diagonals

RNT 1 Leg Glute Bridge

Resisted 1 Leg Glute Bridge

Resisted Mountain Climber

Split Squat Get-Up

RNT Split Squat



Active Straight Leg Raise



Foam Roll Hamstring

Toe Touch Progression (posterior weight shift)

Hip Hinge EQI

PVC 1 Leg Hinge

(Passive-Hold) 1 Leg Lower

Active Straight Leg Raise w/ Core Activation

(Active-Hold) 1 Leg Lower

Alternating Deadbug

Deadbug

1 Leg Glute Bridge w/ Leg Lower

1 Leg Glute Bridge w/ Core Activation

Groin Program

Foam Roll Groin

Glute Bridge w/ Mini Band

Modified Hip Clams

1 Leg Glute Bridge

1 Leg Glute Bridge w/ Core Activation

Resisted 1 Leg Glute Bridge

Mini Band Lateral Walks

RNT 1 Leg Glute Bridge

RNT Split Squat

RNT 1 Leg Hip Hinge

Keiser 4 Way Hip

Val Slide Lateral Lunge

Keiser Adduction + Flexion

Scapular Push-ups

Wall Slides (Facing - Seated - Standing)

Lying Y+T+W

Back-to-Wall External Rotation

Band Pull Apart

Face Pull

Keiser Flexion & Extension (kneel - stand)

Assisted Reach, Roll & Lift

Resisted Quadruped Reach

TRX Squat w/ Overhead Reach

Cable Chops

Cable Lift

Cuban Press

Hand Walks

Overhead Farmer Walks



Deep Squat Mobility



Kneeling Ankle Dorsiflexion

Kneeling RFE Psoas

Quadruped Adductor

Toe Touch Progression (posterior weight shift)

Striders w/ Rotation

Assisted Baby Squat

Baby Squat-to-Stand



Single Leg Stance Hight Tone, Tight



Foam Roll/Tennis Ball Hip Flexors

Psoas + RFE Psoas Stretch

Thomas Stretch

Cook Glute Bridge

1 Leg Glute Bridge w/ Core Activation

Resisted 1 Leg Glute Bridge

Split Squat Get-up

Split Squat w/ Band Distraction



Anti-Extension



Belly Breathing

Prone Plank

Push-up EQI

PB Plank

Plank-Saw

Rollout

DB Pullover

Alternating Deadbug

Deadbug