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S&C Core Movement Progressions

# Introduction

What follows is our roadmap for mastering the six foundational movements (squat, hinge, lunge, push, pull, and carry) and our two power movements, power cleans & snatches:

# Squat

Goal is to master the Back Squat:

1. FMS Box Squat – 2x10 fully seated, followed by 2x10 “touch” reps
   1. When seated, hips should be roughly parallel with the ground
   2. Hands out in front and keep good upper body posture
   3. Keep the knees out and in line with the toes
2. Goblet Squat – 2x10
   1. Keep your core tight
   2. Chest up, lead up with your chest on the rise
3. Back Squat – weight & reps variable
   1. Split the floor with your feet on the rise
   2. Breathe in on the way down, hiss out on the rise

# Hinge

Goal is to master the Trap Bar Deadlift:

1. Elevated KB Deadlift – 3x10
   1. Place KB on top of a couple plates
   2. Use normal deadlift stance
   3. Hips back, scapula nice & tight, and breathe in @ the bottom
   4. Squeeze glutes and fully extend at the hips while hissing out to stand up
   5. Touch the KB down exactly where you picked it up
2. Floor KB Deadlift – 3x10
   1. Use normal deadlift stance
   2. Hips back, scapula nice & tight, and breathe in @ the bottom
   3. Squeeze glutes and fully extend at the hips while hissing out to stand up
   4. Touch the KB down exactly where you picked it up
3. Trap Bar Deadlift – weights & reps variable
   1. Avoid “squatting” the deadlift
   2. Don’t “round” the back
   3. Maintain a straight bar path
   4. Don’t “jerk” the weight off the floor
   5. Don’t overextend the lockout

# Lunge

Goal is to master the Pistol Squat:

1. Single-leg Box Squat – 2x10 each leg
   1. Keep shoulders back, chest up, and core tight
   2. Sit and stand up through the heel
2. Bulgarian Split Squat – 2x15 each leg
   1. Shoe laces on the box
   2. Keep your front knee over your ankle
3. TRX-assisted Pistol Squat – 2x10 each leg
   1. Back straight
   2. Shoulders down and back
4. Pistol Squat – 2x5 each leg

# Push

First goal is to master the Bench Press:

1. Push-ups on your knees (3x20)
   1. Cross your feet so that they don’t touch the ground
2. Regular push-ups (3x10)
   1. Hands directly underneath your shoulders
   2. Draw a straight-line from your head down to your feet
3. DB Bench Press (3x10)
   1. 5 points of contract: two feet, butt, upper back, and head
   2. Up quick, down slow & under control
4. Bench Press – weights and reps variable

Second goal is to master the Overhead Press:

1. Landmine Press (3x10 each arm)
   1. 90/90 lunge position with back knee on the ground
   2. Engage core & glutes
2. KB Press (3x10 each arm)
   1. Hand directly over shoulder @ the top
3. DB Press (3x10)
   1. Both arms at the same time
4. Overhead Press (weights and reps variable)
   1. Press straight up and bring your head through (open the window and put your head out)
   2. Squeeze your hands as hard as you can
   3. Flex your glutes
   4. Barbell should travel in as much of a straight line as possible

# Pull

Goal is to master the Pull-Up:

1. Band pull-aparts (2x10)
2. Lat pull-down machine (1x10 wide grip, 1x10 medium grip, 1x10 reverse grip)
   1. Slight lean-back, bring the bar down to your solarplexus
3. Bent-over Barbell Row (weights and reps variable)
   1. Push hips back
   2. Slightly bend knees
   3. Don’t round your back
   4. Use overhand grip just outside your knees
   5. Pull the bar towards your upper abs region while keeping your arms at a 45-degree angle
4. Pull-ups (2x8, can be band-assisted)

# Carry

Goal is to master the Carry:

1. Unilateral KB farmer’s carry (2x30yds each arm)
   1. Other hand on the hip
   2. Controlled, light steps
   3. Upper body stays straight
2. Plate front-raise carry (2x30yds)
3. KB overhead carry (2x20yds)

# Power Cleans & Snatches

Goal is to master the Power Clean & the Snatch:

1. Clean deadlift to mid-thigh (1x5)
2. Clean deadlift to shrug (1x5)
3. Muscle Clean (1x5)
4. “Lands” in Power Position (1x5)
5. Hang Power Clean (1x5)
6. Power Clean (weights & reps variable)
   1. “Jump & Land”
7. Snatch (weights & reps variable)
   1. “Jump & Punch”