



# Sample OPT® CES Programming

## Movement Impairment: Feet Turn Out

CLIENT GOAL:					
PHASE (include week #):					
DATE:					
Exercise Selection	Sets	Reps	Tempo	Rest	Notes
FLEXIBILITY – Inhibit with self-myofascial rolling or other technique and Lengthen w/ stretching technique					
SMR soleus	1				Hold areas of discomfort 30-60 secs, add 4-6 reps of active movement as desired
SMR lateral gastrocnemius	1				
SMR fibularis complex (peroneals)	1				
SMR biceps femoris	1				
SMR TFL	1				
Static gastrocnemius stretch	1				30 sec hold; internally rotate back foot
Static soleus stretch	1				30 sec
Static TFL stretch	1				
Static biceps femoris stretch	1				
ACTIVATION – isolated strengthening, trunk postural control (core), balance (hip/knee/ankle integration)					
Single-leg calf raise (medial)	1-2	10-15	4/2/1	30 secs	Internally rotate working leg
Standing hamstring curl (medial)	1-2	10-15	4/2/1	30 secs	Extend hip slightly, internally rotate leg
Seated tibial internal rotation	1-2	10-15	4/2/1	30 secs	(Optional) Press heel into floor
INTEGRATION & SKILL DEVELOPMENT – integrated dynamic movement, SAQ, plyometrics, goal-specific prep					
*Single-leg balance reach	1-2	10-15	Slow	30 secs	

**\*Coaching Tips:** Progress to a multi-planar lunge to balance once the client can demonstrate the single-leg balance reach exercise sufficiently. Other functional progressions may also be included: Step-Up to Balance → Lunge to Balance → Single-leg Squat



# Sample OPT<sup>®</sup> CES Programming

## Movement Impairment: Heel Rise

CLIENT GOAL:					
PHASE (include week #):					
DATE:					
Exercise Selection	Sets	Reps	Tempo	Rest	Notes
FLEXIBILITY – Inhibit with self-myofascial rolling or other technique and Lengthen w/ stretching technique					
SMR gastrocnemius/soleus	1				Hold areas of discomfort 30-60 secs, add 4-6 reps of active movement as desired
SMR quadriceps	1				
Static gastrocnemius stretch	1				30 sec hold; internally rotate back foot
Static soleus stretch	1				30 sec hold
ACTIVATION – isolated strengthening, trunk postural control (core), balance (hip/knee/ankle integration)					
Resisted dorsiflexion (anterior tibialis)	1-2	10-15	4/2/1	30 secs	
INTEGRATION & SKILL DEVELOPMENT – integrated dynamic movement, SAQ, plyometrics, goal-specific prep					
*Single-leg balance reach	1-2	10-15	Slow	30 secs	

**\*Coaching Tips:** Progress to a multi-planar lunge to balance once the client can demonstrate the single-leg balance reach exercise sufficiently. Other functional progressions may also be included: Step-Up to Balance → Lunge to Balance → Single-leg Squat



# Sample OPT® CES Programming

## Movement Impairment: Overpronation

CLIENT GOAL:					
PHASE (include week #):					
DATE:					
Exercise Selection	Sets	Reps	Tempo	Rest	Notes
FLEXIBILITY – Inhibit with self-myofascial rolling or other technique and Lengthen w/ stretching technique					
SMR soleus	1				Hold areas of discomfort 30-60 secs, add 4-6 reps of active movement as desired
SMR lateral gastrocnemius	1				
SMR fibularis complex (peroneals)	1				
SMR biceps femoris	1				
SMR TFL	1				
Static gastrocnemius stretch	1				30 sec hold; internally rotate back foot
Static soleus stretch	1				30 secs
Static TFL stretch	1				
Static biceps femoris stretch	1				
ACTIVATION – isolated strengthening, trunk postural control (core), balance (hip/knee/ankle integration)					
Short foot exercise	1-2	10-15	4/2/1	30 secs	
Resisted ankle dorsiflexion (anterior tibialis)	1-2	10-15	4/2/1	30 secs	
Resisted ankle inversion (posterior tibialis)	1-2	10-15	4/2/1	30 secs	
Side-lying leg raise	1-2	10-15	4/2/1	30 secs	
INTEGRATION & SKILL DEVELOPMENT – integrated dynamic movement, SAQ, plyometrics, goal-specific prep					
*Single-leg balance reach	1-2	10-15	Slow	30 secs	

**\*Coaching Tips:** Progress to a multi-planar lunge to balance once the client can demonstrate the single-leg balance reach exercise sufficiently. Other functional progressions may also be included: Step-Up to Balance → Lunge to Balance → Single-leg Squat



# Sample OPT® CES Programming

## Movement Impairment: Knee Dominance

CLIENT GOAL:					
PHASE (include week #):					
DATE:					
Exercise Selection	Sets	Reps	Tempo	Rest	Notes
FLEXIBILITY – Inhibit with self-myofascial rolling or other technique and Lengthen w/ stretching technique					
SMR gastrocnemius/soleus	1				Hold areas of discomfort 30-60 secs, add 4-6 reps of active movement as desired
SMR quadriceps	1				
Static soleus stretch	1				
Static standing quadriceps stretch	1				30 secs
ACTIVATION – isolated strengthening, trunk postural control (core), balance (hip/knee/ankle integration)					
Ball crunch	1-2	10-15	4/2/1	30 secs	
Standing knee flexion	1-2	10-15	4/2/1	30 secs	
Ball bridge	1-2	10-15	4/2/1	30 secs	
INTEGRATION & SKILL DEVELOPMENT – integrated dynamic movement, SAQ, plyometrics, goal-specific prep					
Step-up to balance*	1-2	10-15	Slow	30 secs	
Wall jump*	1-2	10-15	Controlled	30 secs	

**\*Coaching Tips:** Only progress if the client can successfully complete the prior exercise.

Use the jump task progression only if client can safely demonstrate the wall jumps exercise.

Wall Jumps → Tuck Jumps → Long Jump with Stabilization → Single-leg Hop with Stabilization → Cutting Maneuvers



# Sample OPT® CES Programming

## Movement Impairment: Knee Valgus

CLIENT GOAL:					
PHASE (include week #):					
DATE:					
Exercise Selection	Sets	Reps	Tempo	Rest	Notes
FLEXIBILITY – Inhibit with self-myofascial rolling or other technique and Lengthen w/ stretching technique					
SMR gastrocnemius/soleus	1				Hold areas of discomfort 30-60 secs, add 4-6 reps of active movement as desired
SMR biceps femoris (short head)	1				
SMR adductor complex	1				
SMR TFL/lateral thigh	1				
Static gastrocnemius stretch	1				30 secs
Static supine biceps femoris stretch	1				
Static standing adductor stretch	1				
Static standing TFL stretch	1				
ACTIVATION – isolated strengthening, trunk postural control (core), balance (hip/knee/ankle integration)					
Resisted ankle dorsiflexion (anterior tibialis)	1-2	10-15	4/2/1	30 secs	
Resisted ankle inversion (posterior tibialis)	1-2	10-15	4/2/1	30 secs	
Resisted hip abduction (gluteus medius)	1-2	10-15	4/2/1	30 secs	
Ball bridges (place mini band around knees)	1-2	10-15	4/2/1	30 secs	
INTEGRATION & SKILL DEVELOPMENT – integrated dynamic movement, SAQ, plyometrics, goal-specific prep					
Lateral tube walking	1-2	10-15	Slow	30 secs	
Step-up to balance*	1-2	10-15	Slow	30 secs	
Wall jump*	1-2	10-15	Controlled	30 secs	

**\*Coaching Tips:** Only progress if the client can successfully complete the prior exercise.

Use the jump task progression only if client can safely demonstrate the wall jumps exercise.

Wall Jumps → Tuck Jumps → Long Jump with Stabilization → Single-leg Hop with Stabilization → Cutting Maneuvers



# Sample OPT® CES Programming

## Movement Impairment: Knee Varus

CLIENT GOAL:					
PHASE (include week #):					
DATE:					
Exercise Selection	Sets	Reps	Tempo	Rest	Notes
FLEXIBILITY – Inhibit with self-myofascial rolling or other technique and Lengthen w/ stretching technique					
SMR adductor magnus (posterior fibers)	1				Hold areas of discomfort 30-60 secs, add 4-6 reps of active movement as desired
SMR biceps femoris (long head)	1				
SMR piriformis	1				
SMR TFL	1				
Static adductor magnus stretch	1				30 secs
Static piriformis stretch	1				
Static supine biceps femoris stretch	1				
Static standing TFL stretch	1				
ACTIVATION – isolated strengthening, trunk postural control (core), balance (hip/knee/ankle integration)					
Standing hip adduction	1-2	10-15	4/2/1	30 secs	
Standing knee flexion	1-2	10-15	4/2/1	30 secs	
Ball bridge (ball/yoga block can be placed between knees)	1-2	10-15	4/2/1	30 secs	
INTEGRATION & SKILL DEVELOPMENT – integrated dynamic movement, SAQ, plyometrics, goal-specific prep					
Step-up to balance*	1-2	10-15	Slow	30 secs	
Wall jump*	1-2	10-15	Controlled	30 secs	

**\*Coaching Tips:** Only progress if the client can successfully complete the prior exercise.

Use the jump task progression only if client can safely demonstrate the wall jumps exercise.

Wall Jumps → Tuck Jumps → Long Jump with Stabilization → Single-leg Hop with Stabilization → Cutting Maneuvers



# Sample OPT® CES Programming

## Movement Impairment: Asymmetric Weight Shift

CLIENT GOAL:					
PHASE (include week #):					
DATE:					
Exercise Selection	Sets	Reps	Tempo	Rest	Notes
FLEXIBILITY – Inhibit with self-myofascial rolling or other technique and Lengthen w/ stretching technique					
SMR adductors (same side)	1				Hold areas of discomfort 30-60 secs, add 4-6 reps of active movement as desired
SMR TFL/lateral thigh (same side)	1				
SMR gastrocnemius/soleus (opp side)	1				
SMR piriformis (opp side)	1				
SMR biceps femoris (opp side)	1				
Static standing adductor stretch (same side)	1				30 secs
Static standing TFL stretch (same side)	1				
Static gastrocnemius/soleus Stretch (opp side)	1				
Static supine piriformis stretch (opp side)	1				
Static supine biceps femoris stretch (opp side)	1				
ACTIVATION – isolated strengthening, trunk postural control (core), balance (hip/knee/ankle integration)					
Resisted hip abduction (same side)	1-2	10-15	4/2/1	0	
Resisted hip adduction and internal rotation (opp side)	1-2	10-15	4/2/1	0	
INTEGRATION & SKILL DEVELOPMENT – integrated dynamic movement, SAQ, plyometrics, goal-specific prep					
Ball wall squat with overhead press*	1-2	10-15	Slow	30 secs	
Reverse lunge to balance	1-2	10-15	Slow	30 secs	

\*Coaching Tips: Functional progressions may also be included: Alternating Press → Single-Arm Press



# Sample OPT® CES Programming

## Movement Impairment: Excessive Anterior Pelvic Tilt

CLIENT GOAL:					
PHASE (include week #):					
DATE:					
Exercise Selection	Sets	Reps	Tempo	Rest	Notes
FLEXIBILITY – Inhibit with self-myofascial rolling or other technique and Lengthen w/ stretching technique					
SMR hip flexor (TFL and rectus femoris)	1				Hold areas of discomfort 30-60 secs, add 4-6 reps of active movement as desired
SMR TFL/lateral thigh	1				
SMR latissimus dorsi	1				
Static kneeling hip flexor stretch	1				30 secs
Static ball lat stretch	1				
Static erector spinae stretch	1				
ACTIVATION – isolated strengthening, trunk postural control (core), balance (hip/knee/ankle integration)					
Stability ball bridge	1-2	10-15	4/2/1	30 secs	
Stability ball crunch	1-2	10-15	4/2/1	30 secs	
INTEGRATION & SKILL DEVELOPMENT – integrated dynamic movement, SAQ, plyometrics, goal-specific prep					
Ball wall squat to overhead press*	1-2	10-15	Slow	30 secs	

**\*Coaching Tips:** Functional progressions may also be included: Alternating Press → Single-Arm Press.  
Substitute squat to wide row if the Hands-on hips improves the impairment.





# Sample OPT® CES Programming

## Movement Impairment: Excessive Forward Trunk Lean

CLIENT GOAL:					
PHASE (include week #):					
DATE:					
Exercise Selection	Sets	Reps	Tempo	Rest	Notes
FLEXIBILITY – Inhibit with self-myofascial rolling or other technique and Lengthen w/ stretching technique					
SMR gastrocnemius	1				Hold areas of discomfort 30-60 secs, add 4-6 reps of active movement as desired
SMR hip flexor (rectus femoris)	1				
Static gastrocnemius stretch	1				30 secs
Static kneeling hip flexor stretch	1				
Static stability ball abdominal stretch	1				
ACTIVATION – isolated strengthening, trunk postural control (core), balance (hip/knee/ankle integration)					
Resisted ankle dorsiflexion (anterior tibialis)	1-2	10-15	4/2/1	0	
Resisted hip extension (gluteus maximus)	1-2	10-15	4/2/1	0	
Quadruped arm/opposite leg raise	1-2	10-15	4/2/1	0	
Floor prone cobra	1-2	10-15	4/2/1	0	
INTEGRATION & SKILL DEVELOPMENT – integrated dynamic movement, SAQ, plyometrics, goal-specific prep					
Ball wall squat with overhead press*	1-2	10-15	Slow	30 secs	

\*Coaching Tips: Functional progressions may also be included: Alternating Press → Single-Arm Press



# Sample OPT® CES Programming

**Movement Impairment: Excessive Posterior Pelvic Tilt**

CLIENT GOAL:					
PHASE (include week #):					
DATE:					
Exercise Selection	Sets	Reps	Tempo	Rest	Notes
FLEXIBILITY – Inhibit with self-myofascial rolling or other technique and Lengthen w/ stretching technique					
SMR hamstrings	1				Hold areas of discomfort 30-60 secs, add 4-6 reps of active movement as desired
SMR adductor magnus	1				
Static supine hamstring stretch	1				
Static standing adductor magnus stretch	1				30 secs
Static abdominal stretch	1				
ACTIVATION – isolated strengthening, trunk postural control (core), balance (hip/knee/ankle integration)					
Stability ball bridge	1-2	10-15	4/2/1	30 secs	
Standing hip flexor	1-2	10-15	4/2/1	30 secs	
Floor cobra	1-2	10-15	4/2/1	30 secs	
INTEGRATION & SKILL DEVELOPMENT – integrated dynamic movement, SAQ, plyometrics, goal-specific prep					
Ball wall squat to overhead press*	1-2	10-15	Slow	30 secs	

**\*Coaching Tips:** Functional progressions may also be included: Alternating Press → Single-Arm Press



# Sample OPT® CES Programming

## Movement Impairment: Arms Fall Forward

<b>CLIENT GOAL:</b>					
<b>PHASE (include week #):</b>					
<b>DATE:</b>					
Exercise Selection	Sets	Reps	Tempo	Rest	Notes
<b>FLEXIBILITY – Inhibit with self-myofascial rolling or other technique and Lengthen w/ stretching technique</b>					
SMR latissimus dorsi	1				Hold areas of discomfort 30-60 secs, add 4-6 reps of active movement as desired
SMR thoracic spine	1				
SMR pectorals	1				
Static standing pec stretch	1				30 secs
Static ball lat stretch	1				
Thoracic extension over foam roll	1				30 sec hold or 4-6 active movements
<b>ACTIVATION – isolated strengthening, trunk postural control (core), balance (hip/knee/ankle integration)</b>					
Ball combo 2 with dowel rod	1-2	10-15	4/2/1	30 secs	
<b>INTEGRATION &amp; SKILL DEVELOPMENT – integrated dynamic movement, SAQ, plyometrics, goal-specific prep</b>					
Squat to wide row*	1-2	10-15	Controlled	30 secs	

**\*Coaching Tips:** Functional progressions may also be included: Alternating Row → Single-Arm Row → Single-Arm Row with Trunk Rotation.



# Sample OPT® CES Programming

## Movement Impairment: Scapular Winging

CLIENT GOAL:					
PHASE (include week #):					
DATE:					
Exercise Selection	Sets	Reps	Tempo	Rest	Notes
FLEXIBILITY – Inhibit with self-myofascial rolling or other technique and Lengthen w/ stretching technique					
SMR pectoralis minor	1				Hold areas of discomfort 30-60 secs, add 4-6 reps of active movement as desired
SMT upper trapezius*	1				
SMR latissimus dorsi	1				
Static standing pec stretch	1				30 sec hold
Static ball lat stretch	1				
Static upper trapezius stretch	1				
ACTIVATION – isolated strengthening, trunk postural control (core), balance (hip/knee/ankle integration)					
Push-up plus	1-2	10-15	4/2/1	30 secs	
Ball combo 1	1-2	10-15	4/2/1	30 secs	
INTEGRATION & SKILL DEVELOPMENT – integrated dynamic movement, SAQ, plyometrics, goal-specific prep					
Standing cable chest press**	1-2	10-15	Controlled	30 secs	

**\*Coaching Tips:** Perform Self-Myofascial Techniques (SMT) with a cane, massage ball, or other appropriate tool to apply direct pressure to the target muscles. If unavailable, the client may apply self-pressure for inhibition.

**\*\* Coaching Tips:** Functional progressions may also be included: Alternating press → Single-arm press → Single-arm press with trunk rotation.



# Sample OPT® CES Programming

## Movement Impairment: Shoulder Elevation With Forward Head Posture

CLIENT GOAL:					
PHASE (include week #):					
DATE:					
Exercise Selection	Sets	Reps	Tempo	Rest	Notes
FLEXIBILITY – Inhibit with self-myofascial rolling or other technique and Lengthen w/ stretching technique					
SMT levator scapulae*	1				Hold areas of discomfort 30-60 secs, add 4-6 reps of active movement as desired
SMT upper trapezius*	1				
Static sternocleidomastoid stretch	1				30 secs
Static levator scapulae stretch	1				
Static upper trapezius/scalene stretch	1				
ACTIVATION – isolated strengthening, trunk postural control (core), balance (hip/knee/ankle integration)					
Prone floor cobra	1-2	10-15	4/2/1	30 secs	
Standing scapular depression	1-2	10-15	4/2/1	30 secs	
INTEGRATION & SKILL DEVELOPMENT – integrated dynamic movement, SAQ, plyometrics, goal-specific prep					
Standing lat pulldown**	1-2	10-15	Slow	30 secs	
	1-2	10-15	Slow	30 secs	

**\*Coaches Tips:** Perform Self-Myofascial Techniques (SMT) with a cane, massage ball, or other appropriate tool to apply direct pressure to the target muscles. If unavailable, the client may apply self-pressure for inhibition.

**\*\*Coaches Tips:** Functional progressions may also be included: Alternating Pulldown → Single-Arm Pulldown. Double-leg → Single leg.



# Sample OPT® CES Programming

## Movement Impairment: Shoulder Elevation Without Forward Head Posture

<b>CLIENT GOAL:</b>					
<b>PHASE (include week #):</b>					
<b>DATE:</b>					
Exercise Selection	Sets	Reps	Tempo	Rest	Notes
<b>FLEXIBILITY – Inhibit with self-myofascial rolling or other technique and Lengthen w/ stretching technique</b>					
SMR pectorals	1				Hold areas of discomfort 30-60 secs, add 4-6 reps of active movement as desired
SMR thoracic spine	1				
SMT levator scapulae*	1				
SMT upper trapezius*	1				
Static standing pec stretch	1				30 secs
Static levator scapulae stretch	1				
Static upper trapezius stretch	1				
Thoracic extension over foam roll	1				30 sec hold or 4-6 active movements
<b>ACTIVATION – isolated strengthening, trunk postural control (core), balance (hip/knee/ankle integration)</b>					
Ball cobra	1-2	10-15	4/2/1	30 secs	
Ball scaption	1-2	10-15	4/2/1	30 secs	
<b>INTEGRATION &amp; SKILL DEVELOPMENT – integrated dynamic movement, SAQ, plyometrics, goal-specific prep</b>					
Single-Leg Romanian deadlift with PNF pattern	1-2	10-15	Controlled	30 secs	

**\*Coaching Tips:** Perform Self-Myofascial Techniques (SMT) with a cane, massage ball, or other appropriate tool to apply direct pressure to the target muscles. If unavailable, the client may apply self-pressure for inhibition.



# Sample OPT<sup>®</sup> CES Programming

## Movement Impairment: Elbow Flexion

<b>CLIENT GOAL:</b>					
<b>PHASE (include week #):</b>					
<b>DATE:</b>					
Exercise Selection	Sets	Reps	Tempo	Rest	Notes
<b>FLEXIBILITY – Inhibit with self-myofascial rolling or other technique and Lengthen w/ stretching technique</b>					
SMR biceps brachii*	1				Hold areas of discomfort 30-60 secs, add 4-6 reps of active movement as desired
SMR brachialis*	1				
Static biceps brachii stretch	1				30 secs with wrist and shoulder extension
<b>ACTIVATION – isolated strengthening, trunk postural control (core), balance (hip/knee/ankle integration)</b>					
Standing triceps pushdown	1-2	10-15	4/2/1	0	
Supine dumbbell triceps extension	1-2	10-15	4/2/1	0	
<b>INTEGRATION &amp; SKILL DEVELOPMENT – integrated dynamic movement, SAQ, plyometrics, goal-specific prep</b>					
Stability ball dumbbell row to triceps extension	1-2	10-15	Slow	0	
Standing cable chest press**	1-2	10-15	Slow	30 secs	

**\*Coaching Tips:** A regular foam roller may be used in the prone position. Or, the client may apply self-pressure for inhibition.

**\*\*Coaching Tips:** Functional progressions may also be included: Alternating Press → Single-Arm Press → Single-Arm Press with Trunk Rotation.



# Sample OPT® CES Programming

## Movement Impairment: Non-neutral Wrist

CLIENT GOAL:					
PHASE (include week #):					
DATE:					
Exercise Selection	Sets	Reps	Tempo	Rest	Notes
FLEXIBILITY – Inhibit with self-myofascial rolling or other technique and Lengthen w/ stretching technique					
SMT wrist flexors (if limited in wrist extension)*	1				Hold areas of discomfort 30-60 secs, add 4-6 reps of active movement as desired
SMT wrist extensors (if limited in wrist flexion)*	1				
Static wrist flexors stretch (if limited in wrist extension)	1				30 secs
Static wrist extensors stretch (if limited in wrist flexion)	1				
ACTIVATION – isolated strengthening, trunk postural control (core), balance (hip/knee/ankle integration)					
Seated dumbbell wrist extension (if limited in wrist extension)	1-2	10-15	4/2/1	0	
Seated dumbbell wrist flexion (if limited in wrist flexion)	1-2	10-15	4/2/1	0	
INTEGRATION & SKILL DEVELOPMENT – integrated dynamic movement, SAQ, plyometrics, goal-specific prep					
Staggered stance cable row**	1-2	10-15	Slow	0	
Standing cable chest press**	1-2	10-15	Slow	30 secs	

**\*Coaching Tips:** For best results, use a massage/lacrosse ball on a table if available. If unavailable, the client may apply self-pressure for inhibition.

**\*\*Coaching Tips:** Functional progressions may also be included: Alternating Row/Press → Single-Arm Row/Press → Single-Arm Row/Press with Trunk Rotation.





# Sample OPT® CES Programming

## Movement Impairment: Forward Head Posture

CLIENT GOAL:					
PHASE (include week #):					
DATE:					
Exercise Selection	Sets	Reps	Tempo	Rest	Notes
FLEXIBILITY – Inhibit with self-myofascial rolling or other technique and Lengthen w/ stretching technique					
SMR thoracic spine	1				Hold areas of discomfort 30-60 secs, add 4-6 reps of active movement as desired
SMT levator scapulae*	1				
SMT upper trapezius*	1				
Static sternocleidomastoid stretch	1				30 secs
Static levator scapulae stretch	1				
Static upper trapezius stretch	1				
ACTIVATION – isolated strengthening, trunk postural control (core), balance (hip/knee/ankle integration)					
Prone floor scaption**	1-2	10-15	4/2/1	30 secs	
Prone floor scapular retraction**	1-2	10-15	4/2/1	30 secs	
Single-arm quadruped shoulder abduction**	1-2	10-15	4/2/1	30 secs	
Single-arm quadruped scaption**	1-2	10-15	4/2/1	30 secs	
INTEGRATION & SKILL DEVELOPMENT – integrated dynamic movement, SAQ, plyometrics, goal-specific prep					
Ball combo 1 w/chin tuck	1-2	10-15	Slow	30 secs	
Ball squat to scaption	1-2	10-15	Slow	30 secs	
Standing row***	1-2	10-15	Slow	30 secs	

**\*Coaches Tips:** Perform Self-Myofascial Techniques (SMT) with a cane, massage ball, or other appropriate tool to apply direct pressure to the target muscles. If unavailable, the client may apply self-pressure for inhibition.

**\*\*Coaches Tips:** Maintain isometric chin tuck throughout exercise

**\*\*\*Coaches Tips:** Functional progressions may also be included: Alternating Row → Single-Arm Row → Single-Arm Row with Trunk Rotation.