

# **IWA Functional Exercise Training Lab**

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### **Warm Up**

Foam Roll / Tennis Ball—Tissue Tension Release / Self STM

Movement Preparation-Verstegan

Reaching Matrix – 3 planes

Feet Stationary

Feet Moving

MB Metabolic – jog F, B, S/S toss MB up/down, s/s, around waist

Ladder

### **Body Weight**

SL Balance w/ OH Posterior Reach                      bilat.    single

Multiplanar Lunges

Reverse Pattern Squat

Single Leg Squats    varied arm and leg reaches

Super Leg Circuit    24 squats, 24 lunges, 24 scissors, 24 jump squats

UE WB Matrix    10 P/U, 10 Mt climbers, 3 tucks, 3 tucks R, 3 tucks L, 3  
pop ups, 3 pop ups R, 3 pop ups L, 6-10, P/U w/ rotation

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Push Up Position w/ Arm and Leg Reaches    multiple vectors

Push Ups      staggered hands  
                 High knee  
                 Posterior rotation w/ elbow  
                 T-stabilization  
                 Kick through    foot only      hand to toe touch

Partner Lifts

**Dumbbells**

Gary Gray's Dumbbell Matrix

Squats    hang      shld      OH

            1 arm hang    shld      OH

            zurcher, suitcase, or headlock using sandbag

            Single leg

Single Leg Squat Iso      bent over arms curls  
   bent over rows

SL Mod. Deadlift

Single Leg Balance-Toe to Overhead Reach      same or opp UE

V-Combo (Bi curl to OH Press)      Do w/: squat, lunge, step up, single leg

Push Up Rows      push up position-do alt arm row

Alt Upright row      let body lean

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Hip Take Aways    lat. rotation lunge/step-elbow at 90 deg-ER w/ step  
and return

High Pulls, Cleans, and Snatches    Olympic lift variations - do 1 or 2 arm  
explosive in nature

**Kettlebell (K-Bell)**

Hand Offs    squats or lunges or around waist or combinations

Swings    bilateral    one arm    alt. arm    flip and catch

Hot Potatoe

Halos    tight circles around head holding bell by the horns w/ both hands

Waiters Carry    Walk    Diag Box

Get Ups

Cleans and Snatch

Squat Thrust High Pull

**Med Ball**

MB 6    chop, diag chop L+R, rotation, OH side bend, figure 8

Squat Press    squat and press ball outward or upward

SL Balance – Roll MB Around Foot    CW / CCW

Partner Push Up Series    5L, 5R, 5B, 5cross over

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Circle Stabilization      OH    chest    knee

Power Sling              figure 8's      circles      1 arm

Sit Up Ball Hand Off (Guard)

1 Arm Push Off (firm ball or box)

Metabolic Chest      L, R, B, Cross Over, Plyo or Reg,

**Physioball**

Push Up Progression      hands on ball  
   feet on ball

Prone on Ball UE Walk Outs

Tucks              hands on floor-knees to chest

Skiers              hand on floor-knees bent on ball-rotate knees side to side

Triple Threat              bent knee bridge to hamstring curls to  
   straight leg bridge

Single Leg Squat              opp LE on small ball w/lateral and anterior reaches

**Bands**

Assisted Lunge

O.T.I.S.    Oscillatory Tech. for Isom. Stabilization    short/quick pulls  
   4 way straight or diagonal plane pulls

Single Leg Mini Squat w/ Alt. Tube Push or Pull

