



Navy Operational Fitness & Fueling Series (NOFFS)




Lower Push: 2 Leg

Squat w/ Mini Band

Coaching Keys:

- Place mini band just above knees
- Do not let the knees collapse during movement
- Stand tall, full extension at hips





Lower Push: 1 Leg

Single Leg Squat – w/ mini band

Coaching Keys:

- Do not let knee collapse to inside
- Keep weight centered over the arch of foot
- Chest up and back flat



Lower Push: Split



Reverse Lunge - Alternating

Coaching Keys:

- Keep weight over front foot
- Do not let front knee collapse to inside
- Keep chest up



Lower Pull: Hip Dominant



Glute Bridge – 2 Legs Up, 1 Leg Down

Coaching Keys:

- Use both glutes to lift hips into extension
- Lift one leg into acceleration posture
- Maintain neutral hip position throughout rep



Lower Pull: Hip Dominant



Romanian Deadlift – 1 Arm 1 Leg (Bands)

Coaching Keys:

- Wrap band around one foot
- Hinge over at waist while maintaining neutral spine
- Keep shoulder blades back and down



Upper Push: Vertical



Overhead Press – ½ Kneeling (Bands)

Coaching Keys:

- Maintain perfect posture, shoulders back and down
- Do not shrug
- Keep back glute contracted for stability



Upper Push: Horizontal



Push Up – 1 Leg

Coaching Keys:

- Push from below the shoulder
- Keep body straight from ear to ankle (neutral spine)
- Lift one leg 2-3 inches of the floor



Upper Pull: Horizontal



Y's – Bent Over (Bands)

Coaching Keys:

- Hinge at waist, back flat, chest up
- Initiate movement with shoulder blades, not arms
- Glide shoulder blades back & down



Upper Pull: Horizontal



Bent Over Row (Bands)

Coaching Keys:

- Feet standing on the band
- Hinge at waist, back flat, torso engaged
- Drive elbows to the ceiling, pulling hands along side



Strength: Pillar



Lateral Pillar Bridge (30 sec Hold)

Coaching Keys:

- Keep your body in a straight line from ear to ankle
- Feet stacked together
- Don't sag or bend



Strength: Pillar



Straight Leg Lowering - Alternating

Coaching Keys:

- Keep knees fully extended
- Slowly lower one leg toward floor
- Keep your torso engaged & back flat



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Mentorship Program- www.athletesperformance.com



www.coreperformance.com