

Exercise Guide

Box Jumps P2

Battle Ropes P3

Farmer’s Carry P4

Single Arm Sled Pull P5

Sled Push P6



Hands go back on the way down, then swing forward going up

Drop down varying heights and experiment with comfort and power

Weight is centered for maximum power

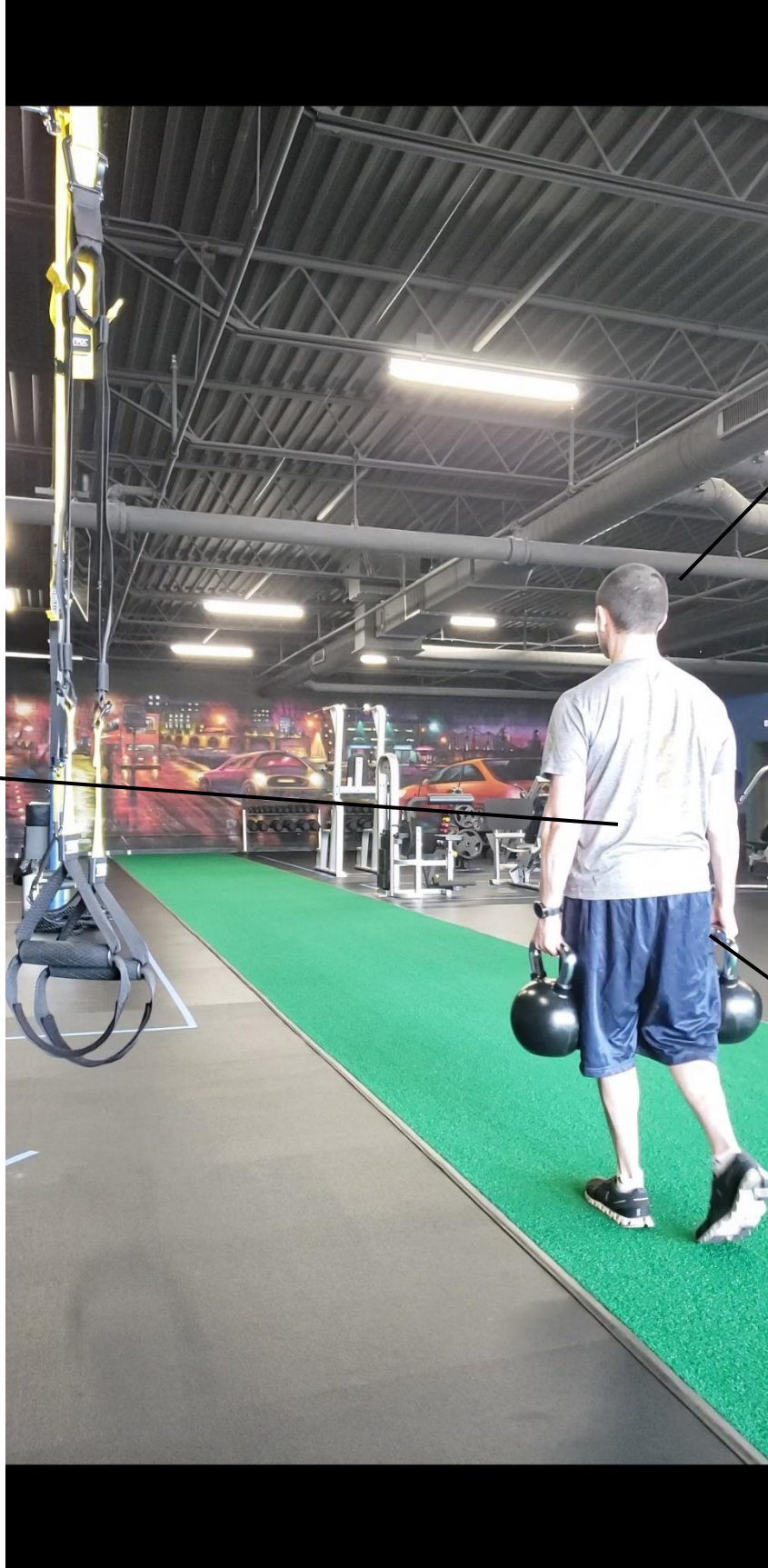
Land in balance with shoulders over knees over toes. Don't let knees cave in towards each other (similar to this takeoff position but with hands forward)



Strong core brace.
(like someone is
about to punch you
in the gut!)

Tight and fast
alternating waves

Stable stance with
hips and knees
slightly bent



Stand tall with great posture, the following all stacked: ears, shoulders, and hips

Squeeze lats and brace core

Strong grip, squeezing the handle



Shoulders stay in neutral position. Don't allow sled to pull 1 shoulder ahead of the other

Strong grip, squeezing the rope

Core braced, lats tight, good posture

Feet point forward

Neck and back in neutral position with core braced

Wrist in neutral position

Squeeze glutes for more power

Feet point forward

