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### 1. Squat

Start: Using harness, face toward cone with feet slightly wider than hip width apart and rope pulling straight down between feet.

Movement: Sit hips back and bend knees allowing rope to guide pelvis and trunk into a squat position.

Finish: Extend hips and knees to return to standing position.

### 2. Lateral Squat

Start: Using Cat Belt, face sideways to VersaPulley with inside foot against rubber wedge and rope pulling horizontally. Assume a wide-base stance and bend at hips and knees to start in a squatting position.

Movement: Push off ball of inside foot to extend at hip and knee so that weight shifts to outside foot.

Finish: Allow weight to shift back toward inside foot as you bend into inside leg and resume squat position.

### 3. Goblet Squat

Start: Holding tricep rope in the goblet position, start facing the cone. Feet are slightly wider than hip-width apart with the rope pulling straight down between feet.

Movement: Maintaining a neutral spine, bend the knees and sit hips back allowing the rope to guide you down to squat position.

Finish: Push through midfoot and heel as you extend hips and knees to standing position.

### 4. Forward Lunge

Start: Standing several feet away from the platform, face VersaPulley with Cat Belt around waist and the rope pulling horizontally.

Movement: Keeping torso upright, step toward platform by lunging forward and bending both front and back knee so that the hips and knees are at a 90-degree angle.

Finish: Push off front foot to bring feet together ending in an upright standing position.

#### 5. Reverse Lunge

Start: Standing several feet away from platform, face away from cone with Cat Belt around waist and rope pulling horizontally.

Movement: Keep an upright torso and lunge back toward platform by bending back and front knee so that hips and knees are at 90-degree angles.

Finish: Push off of the back foot and bring back foot to meet front foot ending in an upright standing position.

#### 6. Lateral Lunge

Start: Standing several feet away from platform, face sideways to VersaPulley with Cat Belt around waist and rope pulling horizontally. Feet should begin together.

Movement: Keeping an upright torso, step toward platform by lunging toward VersaPulley and bending the inside knee only. Sit hips back into lateral lunge.

Finish: Push off of inside leg bringing inside foot to meet the outside foot ending in an upright standing position.

#### 7. Split Squat

Start: Using deck and harness, face sideways to VersaPulley. Place one foot in front of deck cutout and one foot behind with rope pulling straight down between legs.

Movement: Bend both knees simultaneously dropping into a lunge so that the back knee is two inches from the ground. Both knees and hips should be at 90 degree angles.

Finish: Drive through mid-foot and heel of front leg to extend both hips and knees back to starting position.

#### 8. Romanian Dead Lift

Start: Using deck and a straight multipurpose bar, face toward VersaPulley. Stand with one foot on each side of deck with rope pulling straight down between feet. Perform a hip hinge bending at waist, pushing hips back, keeping slight bend in knees and maintaining a neutral spine. The bar should be lowered to mid-shin level.

Movement: Push through midfoot and heel standing up tall by driving hips forward and squeezing glutes at top of movement.

Finish: Keep a neutral spine by hinging at hips as bar travels to back to mid shin. Keep bar as close to body as possible.

## 9. Leg Curl

Start: Using an ankle cuff attached to one ankle, face away from VersaPulley so that the working ankle is closest to the cone. The rope should be horizontal to the ground.

Movement: Bend working knee so that heel approximates toward glute.

Finish: Allow knee to extend as ankle returns back to original starting position.

## 10. Calf Press

Start: Using deck and harness, face sideways to VersaPulley. Place both feet on one side of deck so that heels can drop into cutout below the level of the deck. Rope should be pulling straight down between legs. Hold on to the vertical pole for balance.

Movement: Maintain tall posture with hips and knees straight. Push through balls of feet to raise heels above level of platform.

Finish: Return to start position by dropping heels below level of platform as you control ankle into dorsiflexion.

## 11. Bicep Curl

Start: Facing VersaPulley, hold handle with one hand and kneel with contralateral leg in front. Shoulder should be at 90 degrees of flexion, elbow extended, and torso upright with rope horizontal to ground.

Movement: Begin curl by flexing elbow bringing fist toward shoulder.

Finish: Return to starting position by allowing elbow to fully extend.

## 12. Single Arm Bent-Over Row

Start: Using deck and single handle, stand facing VersaPulley with one foot on each side of deck and rope pulling down between feet. Holding handle in one hand with arm extended, maintain a neutral spine and perform a hip hinge to 45-60 degrees. Place the non-working hand low behind the back.

Movement: Drive elbow back as you move into shoulder extension and scapula retraction.

Finish: Allow rope to pull elbow into extension and the shoulder into flexion as you decelerate rope to starting position.

## 13. Double Arm Bent-Over Row

Start: Using deck and double handle, stand facing VersaPulley with one foot on each side of deck and rope pulling down between feet. Hold handles with arms extended and maintain a neutral spine to perform a hip hinge to 45-60 degrees.

Movement: Drive elbows back as you move into shoulder extension and scapula retraction.

Finish: Allow rope to pull elbows into extension and shoulders into flexion as you decelerate rope to starting position.

#### 14. Acceleration Step-Ups

Start: Using a plyometric box and Cat Belt, face away from VersaPulley with rope pulling vertically. Place one foot on top of box.

Movement: Push through ball of foot to stand up on box achieving full hip and knee extension.

Finish: Bending at hip and knee on the stance leg, decelerate back down to starting position maintaining a straight spine.

#### 15. Lateral Acceleration Step-Ups

Start: Using the deck and Cat Belt, face sideways to VersaPulley with rope pulling vertically. Place outside leg on deck while holding on to vertical pole for support.

Movement: Push through ball of foot to stand up on box achieving full hip and knee extension.

Finish: Bending at hip and knee on the stance leg, decelerate back down to starting position maintaining a straight spine. Continue to hold on to vertical pole for support throughout exercise.

#### 16. Reverse Lunge to Forward Step onto Plyo Box

Start: Using a plyo box and Cat Belt, stand facing away from VersaPulley with rope attached to the lowest setting on vertical pole.

Movement: Perform a reverse lunge by stepping behind you maintaining a straight spine. Both hips and knees should bend to 90 degrees. From lunge position, push through front leg as you achieve triple extension through ankle, knee, and hip bringing the rear leg up onto plyo box in front.

Finish: With the foot on top of box, step back performing a reverse lunge maintaining a tall posture.

#### 17. 45 Degree Squat to Extension Box

Start: Using stacked plyo boxes and a Cat Belt, face away from VersaPulley with rope attached to lowest setting on the pole. Leaning on plyo box at a 45 degree angle, begin in a squat position with weight on the balls of the feet.

Movement: Pushing through balls of feet and using arms to support body, perform triple extension of ankles, knees, and hips to a standing position at a 45 degree angle.

Finish: Maintaining an upright posture and staying on balls of feet, bend at hips and knees down to squat position while holding on to plyo box.

#### 18. Standing One-Arm Rotational Row

Start: Using one handle attached to lowest setting on pole, face sideways to VersaPulley. Grasp handle with outside hand while assuming an athletic stance with the inside foot against wedge.

Movement: Initiate movement by driving off inside leg to extend hips and knees as the elbow bends, shoulder extends, and scapula retracts into a row. Achieve full extension of both hips and knees with compete rotation away from VersaPulley and rowing hand at outside hip.

Finish: Unwind from upright position by allowing the elbow to extend, shoulder to flex, and hips and knee bend back to athletic stance. Maintain tall posture as to return to start position.

#### 19. Standing One-Arm Low Row w/ Offset Stance

Start: Using one handle attached to the lowest setting on vertical pole, start facing VersaPulley. Holding handle in one hand, place contralateral foot in front in an off-set foot stance. Bend both knees while maintaining an upright posture and arm extended out in front.

Movement: Perform row by driving elbow back into elbow flexion, shoulder extension, and scapula retraction while pushing both hips and knees into extension to stand tall.

Finish: Return to starting position by extending arm out in front and bending hips and knees while maintaining tall posture.

#### 20. Standing One-Arm Mid Row w/ Offset Stance

Start: Using one handle attached to the middle setting on the pole, start facing VersaPulley. Rope should be horizontal to ground. Holding handle in one hand, place contralateral foot in front in off-set foot stance. Bend both knees while maintaining an upright posture with the arm extended out in front.

Movement: Drive elbow back into elbow flexion, shoulder extension, and scapula retraction while pushing both hips and knees into extension to stand tall.

Finish: Return to starting position by extending arm out in front and bending hips and knees while maintaining tall posture.

#### 21. Standing One-Arm High Row w/ Offset Stance

Start: Using one handle attached to a high setting on vertical pole, start facing VersaPulley. Holding handle in one hand, place contralateral foot in front in an off-set foot stance. Stand tall with arm extended out in front.

Movement: Drive elbow down and back into elbow flexion, shoulder extension, and scapula retraction.

Finish: Return to starting position by extending arm out in front and maintaining tall posture.

## 22. Standing One-Arm One-Leg Low Row

Start: Using one handle attached to lowest setting on vertical pole, start facing VersaPulley. Holding handle in one hand, stand on contralateral leg. Slightly bend stance leg and hip while maintaining a neutral spine with arm extended out in front.

Movement: Push off of stance leg to perform knee and hip extension while driving elbow back into elbow flexion, shoulder extension, and scapula retraction. Finish standing tall with the elbow next to torso.

Finish: Return to starting position by extending arm in front and bending hip and knee.

## 23. Half-Kneeling Diagonal Lift

Start: Using the cable bar at lowest attachment on vertical pole, assume a half-kneeling position with inside knee down and outside foot placed at 2 o'clock. Facing sideways to VersaPulley, use an overhand grip on bar and rotate torso toward inside leg.

Movement: Pull bar diagonally toward outside shoulder extending outside arm into "Y" position and inside arm across midline.

Finish: Reverse movement by bringing hands close to body moving from extended diagonal position back to start.

## 24. Standing Diagonal Lift

Start: Using the tricep rope at the lowest attachment on vertical pole, assume an athletic stance facing sideways to VersaPulley with inside foot against wedge for support. Use an overhand grip on tricep rope with arms extended and trunk slightly rotated toward VersaPulley. The majority of weight should be shifted toward ball of foot on inside leg.

Movement: Pull rope diagonally toward outside shoulder as you drive off inside foot to a standing position. Shift weight to outside foot. Keep rope close to body throughout movement as you finish with arms extend overhead and feet pivoted away from VersaPulley.

Finish: Reverse movement keeping hands close to body as you move from extended position back to athletic stance facing toward inside leg.

## 25. Half-Kneeling Diagonal Chop

Start: Using cable bar anchored high on the pole, assume a half-kneeling position with outside knee down and inside foot placed on the wedge at 2 o'clock. Facing sideways to the cone, use an overhand grip on bar with inside arm extended outside elbow bent with hand close to chest.

Movement: Pull bar from high to low in a diagonal pattern, keeping bar close to the body. Finish by extending elbows fully with inside hand across midline.

Finish: Reverse diagonal movement by keeping hands close to body moving bar from low to high position.

## 26. Half-Kneeling Diagonal Chop (Propulsive)

**Start:** Using the tricep rope anchored high on the pole, assume a half-kneeling position with the outside knee down and inside foot placed on the wedge at 2 o'clock. Facing sideways to the cone, use an overhand grip on the tricep rope with the arms fully extended overhead and the trunk slightly rotated toward the VersaPulley.

**Movement:** Pull the rope from high to low in a diagonal pattern, keeping the arms close to the body. Finish by extending the elbows fully and pivoting the knee and foot to allow the torso to rotate away from the VersaPulley.

**Finish:** Reverse the diagonal movement by keeping the hands close to the body as you move from the rope from the outer hip up to the inside shoulder with the arms extended overhead. The knee, foot, and torso should pivot back to the starting position.

## 27. Standing Diagonal Chop (Propulsive)

**Start:** Using tricep rope anchored high on pole, stand tall facing sideways to VersaPulley with inside foot against wedge for support. Use an overhand grip on tricep rope with arms extended overhead and trunk slightly rotated toward VersaPulley.

**Movement:** Pull rope from inside shoulder to outer hip in a high to low diagonal pattern keeping arms close to body. Torso and hips should slightly flex as they follow arms into rotation away from VersaPulley. Finish by extending both elbows so that hands are toward outer hip. Both feet should pivot away from VersaPulley.

**Finish:** Reverse diagonal movement by keeping hands close to body as you move rope from outer hip up to standing position with arms extended overhead. Feet should pivot back to starting position.

## 28. Standing Physioball Torso Rotation

**Start:** Using a physioball and single handle, stand sideways to VersaPulley with rope horizontal with ground. Hold physioball at chest level and grasp handle with outside hand. Assume an athletic stance with inside foot against wedge for support and rotate torso toward VersaPulley maintaining a tall posture.

**Movement:** Pushing off of inside foot, rotate torso and pivot feet away from VersaPulley. Finish fully extended through trunk and hips at top of the motion.

**Finish:** Reverse motion rotating back toward VersaPulley ending in an athletic position with weight shifted toward inside leg.

## 29. Standing Torso Rotation

**Start:** Using a single handle, stand sideways to VersaPulley with rope horizontal with ground. Grasp handle w/ both hands and arms extended at chest level. Place inside foot against wedge for support and rotate hands/torso toward VersaPulley maintaining a tall posture in an athletic stance.

**Movement:** Pushing off of inside foot and keeping arms straight, rotate hands/torso and pivot feet away from VersaPulley. Finish fully extended through arms, trunk, and hips at top of motion.

**Finish:** Reverse movement by rotating back toward VersaPulley ending in an athletic position with weight shifted toward inside leg.

### 30. Hamstring Kicks

**Start:** Using an ankle cuff attached to one ankle, lie on back with head closest to the VersaPulley. Begin with both knees extended, but not locked and cuffed leg in hip flexion. Rope should be horizontal with ground when leg is lifted.

**Movement:** Keeping cuffed leg straight, drive heel down toward ground so heel is within a few inches from floor. Opposite leg and trunk should remain still throughout movement.

**Finish:** Control cuffed leg as hip moves from floor back to hip flexion. Opposite leg and trunk should remain still.

### 31. Horizontal Slide

**Start:** Using an underhand grip with a cable bar, start in tall kneeling or standing with feet/knees hip-width apart facing sideways to VersaPulley. Rope/bar should be horizontal to floor, bar positioned at level of stomach, and posture tall.

**Movement:** Slide cable bar across belly from inside to outside hand resisting any movement in trunk and pelvis.

**Finish:** Allow bar to move back toward inside hand keeping bar close to torso resisting any movement in trunk and pelvis

### 32. Diagonal Slide Lift

**Start:** Attach a cable bar to rope at lowest setting on vertical pole. Using an underhand grip with outside hand and overhand grip with the inside hand grab a cable bar like a guitar. Start in tall kneeling or standing with feet/knees hip-width apart facing sideways to VersaPulley.

**Movement:** Slide cable bar across chest from inside to outside hand resisting any movement in trunk and pelvis.

**Finish:** Allow bar to move back toward inside hand keeping bar close to chest resisting any movement in trunk and pelvis.

### 33. Diagonal Slide Chop

**Start:** Attach a cable bar to rope at second highest setting on vertical pole. With an overhand grip on the cable bar, begin with the inside arm fully extended in "Y" position and outside elbow bent so that fist is at chest level. Start in tall kneeling or standing with feet/knees hip-width apart facing sideways to VersaPulley.

Movement: Slide cable bar in diagonal pattern across chest from inside to outside hand resisting any movement in trunk and pelvis. Finish with inside elbow completely bent while outside elbow is extended.

Finish: Allow bar to move back toward inside hand keeping bar close to chest resisting any movement in trunk and pelvis.

#### 34. 1-Arm Offset-Stance Y Raise

Start: Using single handle in one hand, start facing toward VersaPully with contralateral leg in front in an off-set foot position. Arm should be straight out in front with a slight bend in knees and hips.

Movement: Drive knuckles back keeping elbow straight and begin to stand up. Finish standing tall in offset foot position with working arm in "Y" position.

Finish: Return to start position maintaining elbow extension throughout entire movement.

#### 35. Rear Foot Elevated Split Squat

Start: Using harness and a bench stand tall facing sideways to VersaPulley. Place rear foot on bench with rope pulling vertically toward inside of stance foot.

Movement: Lower the hips until the front knee is at 90 degrees.

Finish: Drive through the mid-foot and heel to extend hips

#### 36. Lateral Step Over

Start: Using Cat Belt, face sideways to VersaPulley. With rope horizontal to ground, assume an athletic stance.

Movement: Drive off ball of foot as you step across body with inside leg. After planting foot, step laterally with outside leg to end back in athletic stance.

Finish: Return to starting positing moving toward VersaPulley by stepping behind with outside leg. Finish back in an athletic stance.

#### 37. Pull-Pivot-Push

Start: Using cable bar, face toward VersaPulley grasping end of bar with one hand in an overhand grip. Place contralateral foot in front in an offset foot stance. Rope should be horizontal with ground.

Movement: Perform a row by driving elbow back. As bar moves closer grab other end of bar with free hand. Begin pivoting toward back foot. Bar should be close to chest during pivot. Finish facing away from VersaPulley pushing bar away from chest ending in a lunge with arms fully extended.

Finish: Reverse motion allowing bar to travel back toward chest, pivot feet back to face VersaPulley and release hand closest to VersaPulley. Return to starting position with one hand on end of cable bar fully extended in an offset stance.

38. Shoulder IR in Scaption -- Try without support for shoulder

Start: Using single handle, stand in an offset foot stance facing away from VersaPulley. Place shoulder in external rotation at 90 degrees in scapular plane. Rope should be horizontal with ground.

Movement: Rotate shoulder 90 degrees into internal rotation maintaining elevation of arm and no accessory movement of torso.

Finish: Control movement as shoulder returns to external rotation at 90 degrees in scapular plane.

39. Shoulder ER in Scaption -- Try without support for shoulder

Start: Using single handle, standing in offset foot stance facing toward VersaPulley. Place shoulder in 90 degrees of abduction in scapular plane. Rope should be horizontal with ground.

Movement: Drive knuckles back to end in external rotation at 90 degrees in scapular plane without accessory movement of torso.

Finish: Control movement as shoulder returns to start position.

40. Half-Kneeling One-Arm Row

Start: Grab handle with one hand and kneel with opposite leg in front. Shoulder/elbow extended and torso upright so that rope is horizontal to the ground.

Movement: Perform a row by driving elbow back into flexion, shoulder into extension, and scapula into retraction.

Finish: Return to starting position by extending elbow and flexing shoulder while maintaining a tall posture.

41. Skater Squat

Start: Using harness and platform, stand facing sideways to VersaPulley. Assume a single-leg stance by placing outside foot in center of platform toward front edge cutout with rope pulling straight down between legs. Place hand closest to VersaPulley on pole for balance.

Movement: Bending stance knee and hip, perform a single leg squat maintaining a neutral spine while holding on to pole for support.

Finish: Drive through midfoot and heel extending hip and knee back to stand.

42. Squat Deceleration Row

Start: Using one handle attached to the middle setting on the pole, start facing VersaPulley. Extend working arm in front and assume a squat position with feet slightly wider than shoulder width apart.

Movement: Stand up while performing a row by pushing through midfoot and heel to extend both hips and knees. Drive elbow back into flexion, shoulder extension, and scapula retraction.

Finish: Return to starting position by extending arm in front, bending hips/knees into squat position, and maintaining a tall spine.

#### 43. Chest Press

Start: Using cable bar, attach rope at about chest height onto vertical pole so that rope is parallel with ground. Begin facing away from Versapulley with hands evenly spaced on cable bar. Assume an offset foot position with cable bar against chest.

Movement: Push bar away performing a chest press maintaining a tall posture.

Finish: Bend elbows allowing bar to return back to chest.

#### 44. Paddleboard Row

Start: Using cable bar attached to VersaPulley at about waist height and stand facing VersaPulley. Use an overhand grip on both proximal and distal ends of bar while positioning feet shoulder width apart. Bend hips and knees into a quarter squat with arms extended in front.

Movement: Simultaneously extend hips and knees to stand while performing a row by pulling hand closest to VersaPulley down toward side. Ending position should be standing tall with cable bar along-side body.

Finish: Return to squat position by bending hips and knees as cable bar returns out in front of body with arms extended.

#### 45. Swimmer's Pull

Start: Attach AT Flex at waist level to VersaPulley. Stand facing VersaPulley in an offset foot stance with majority of weight on front foot with the back heel elevated. Assume a hip hinge position so that spine remains neutral. Arms should be extended in front.

Movement: Pull shoulders into extension by driving hands back toward hips. Elbows should remain straight throughout movement and torso should remain still.

Finish: Keeping elbows straight, allow arms to move back toward VersaPulley.

#### 46. Pivot

**Start:** Using Cat Belt, attach rope at waist height so that rope is horizontal with ground. Facing sideways to VersaPulley stand with feet shoulder width apart.

**Movement:** Perform a 45-degree pivot by stepping in front with inside foot. End facing away from VersaPulley with feet still shoulder width apart.

**Finish:** Return to starting position by stepping back with same foot. Maintain good posture ending with feet shoulder width apart.

#### 47. Lat Pull Down

**Start:** Attach a Lat Bar, to rope at highest setting on vertical pole. Using a bench, sit facing the VersaPulley with arms extended overhead holding Lat Bar.

**Movement:** Sitting tall, pull Lat Bar to chest.

**Finish:** In a controlled manner, allow bar to return to overhead position.

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