



# S&C CORE MOVEMENT PROGRESSIONS



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# 1 Introduction

What follows is our roadmap for mastering the six foundational movements (squat, hinge, lunge, push, pull, and carry) and our two power movements, power cleans & snatches:

## 2 Squat

Goal is to master the Back Squat:

- 1) FMS Box Squat – 2x10 fully seated, followed by 2x10 “touch” reps
  - a. When seated, hips should be roughly parallel with the ground
  - b. Hands out in front and keep good upper body posture
  - c. Keep the knees out and in line with the toes
- 2) Goblet Squat – 2x10
  - a. Keep your core tight
  - b. Chest up, lead up with your chest on the rise
- 3) Back Squat – weight & reps variable
  - a. Split the floor with your feet on the rise
  - b. Breathe in on the way down, hiss out on the rise

## 3 Hinge

Goal is to master the Trap Bar Deadlift:

- 1) Elevated KB Deadlift – 3x10
  - a. Place KB on top of a couple plates
  - b. Use normal deadlift stance
  - c. Hips back, scapula nice & tight, and breathe in @ the bottom
  - d. Squeeze glutes and fully extend at the hips while hissing out to stand up
  - e. Touch the KB down exactly where you picked it up
- 2) Floor KB Deadlift – 3x10
  - a. Use normal deadlift stance
  - b. Hips back, scapula nice & tight, and breathe in @ the bottom
  - c. Squeeze glutes and fully extend at the hips while hissing out to stand up
  - d. Touch the KB down exactly where you picked it up
- 3) Trap Bar Deadlift – weights & reps variable
  - a. Avoid “squatting” the deadlift
  - b. Don’t “round” the back
  - c. Maintain a straight bar path
  - d. Don’t “jerk” the weight off the floor
  - e. Don’t overextend the lockout

## 4 Lunge

Goal is to master the Pistol Squat:

- 1) Single-leg Box Squat – 2x10 each leg
  - a. Keep shoulders back, chest up, and core tight
  - b. Sit and stand up through the heel
- 2) Bulgarian Split Squat – 2x15 each leg
  - a. Shoe laces on the box
  - b. Keep your front knee over your ankle
- 3) TRX-assisted Pistol Squat – 2x10 each leg
  - a. Back straight
  - b. Shoulders down and back
- 4) Pistol Squat – 2x5 each leg

## 5 Push

First goal is to master the Bench Press:

- 1) Push-ups on your knees (3x20)
  - a. Cross your feet so that they don't touch the ground
- 2) Regular push-ups (3x10)
  - a. Hands directly underneath your shoulders
  - b. Draw a straight-line from your head down to your feet
- 3) DB Bench Press (3x10)
  - a. 5 points of contact: two feet, butt, upper back, and head
  - b. Up quick, down slow & under control
- 4) Bench Press – weights and reps variable

Second goal is to master the Overhead Press:

- 1) Landmine Press (3x10 each arm)
  - a. 90/90 lunge position with back knee on the ground
  - b. Engage core & glutes
- 2) KB Press (3x10 each arm)
  - a. Hand directly over shoulder @ the top
- 3) DB Press (3x10)
  - a. Both arms at the same time
- 4) Overhead Press (weights and reps variable)
  - a. Press straight up and bring your head through (open the window and put your head out)
  - b. Squeeze your hands as hard as you can
  - c. Flex your glutes
  - d. Barbell should travel in as much of a straight line as possible

## 6 Pull

Goal is to master the Pull-Up:

- 1) Band pull-aparts (2x10)
- 2) Lat pull-down machine (1x10 wide grip, 1x10 medium grip, 1x10 reverse grip)
  - a. Slight lean-back, bring the bar down to your solarplexus
- 3) Bent-over Barbell Row (weights and reps variable)
  - a. Push hips back
  - b. Slightly bend knees
  - c. Don't round your back
  - d. Use overhand grip just outside your knees
  - e. Pull the bar towards your upper abs region while keeping your arms at a 45-degree angle
- 4) Pull-ups (2x8, can be band-assisted)

## 7 Carry

Goal is to master the Carry:

- 1) Unilateral KB farmer's carry (2x30yds each arm)
  - a. Other hand on the hip
  - b. Controlled, light steps
  - c. Upper body stays straight
- 2) Plate front-raise carry (2x30yds)
- 3) KB overhead carry (2x20yds)

## 8 Power Cleans & Snatches

Goal is to master the Power Clean & the Snatch:

- 1) Clean deadlift to mid-thigh (1x5)
- 2) Clean deadlift to shrug (1x5)
- 3) Muscle Clean (1x5)
- 4) "Lands" in Power Position (1x5)
- 5) Hang Power Clean (1x5)
- 6) Power Clean (weights & reps variable)
  - a. "Jump & Land"
- 7) Snatch (weights & reps variable)
  - a. "Jump & Punch"