

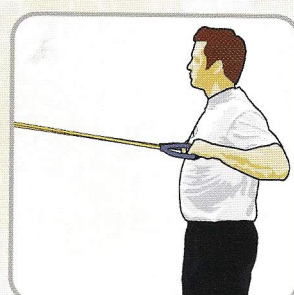
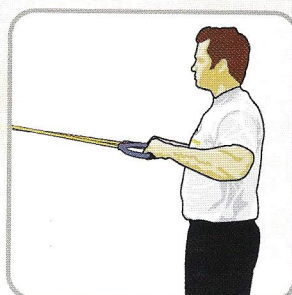
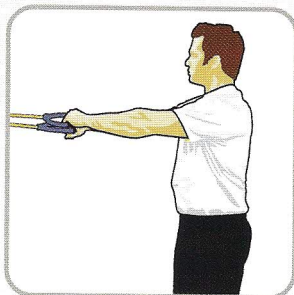
# STANDARD

## WORKOUT REGIMEN

BE SURE TO REFER TO THE GUIDELINES ON PAGE 5 BEFORE BEGINNING.

### CROSSOVER ROW

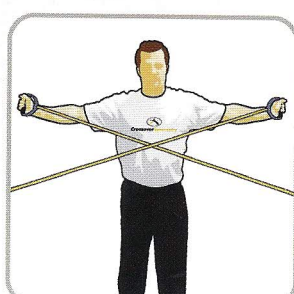
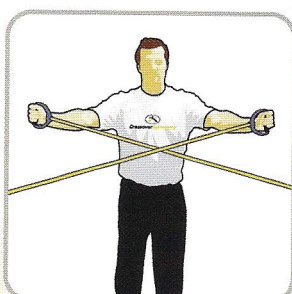
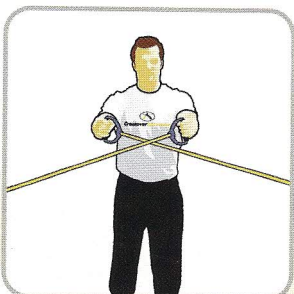
Level: **EYE**  
Cord: **HEAVY**  
Reps: **10**



Hold on to the handles with your arms extended so you feel a slight stretch in your back and shoulders. Pinch your shoulder blades together and pull back as far as you can.

### CROSSOVER REVERSE FLY

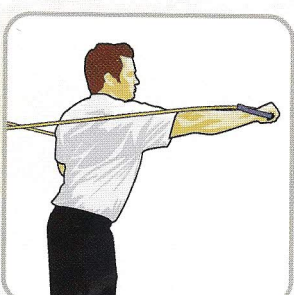
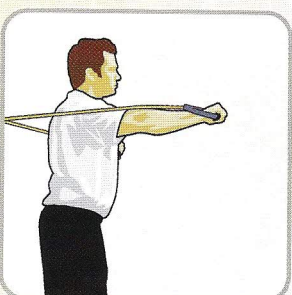
Level: **EYE**  
Cord: **LIGHT**  
Reps: **10**



Hold the handles of the cords so that your thumbs are facing vertically toward the ceiling. With your arms extended, pinch your shoulder blades together and pull the handles back until they are even with or slightly behind your shoulders.

### CROSSOVER PUNCH PLUS

Level: **EYE**  
Cord: **HEAVY**  
Reps: **10**



Start in an athletic position and punch 30° outside of a center press, preventing the cord from wrapping around your body. Once the arm is completely extended, protract (drive forward) the shoulder as far as you can and then retract (draw back) the shoulder. Repeat this motion, protract and retract, for 10 repetitions and then move to your opposite arm. This is the only exercise in the workout that is completed unilaterally. *Tip: Focus on keeping your elbow straight throughout the exercise.*



## CROSSOVER 90/90

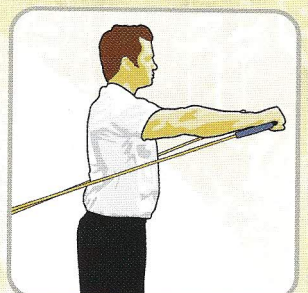
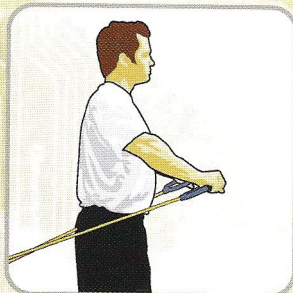
Level: **KNEE**  
Cord: **LIGHT**  
Reps: **10**



Start with your elbows slightly bent. Slowly pull up and back until the hands are directly vertical above the elbows. This creates a 90° angle from the shoulder to the hands and a 90° angle from the waist to the elbow.

## CROSSOVER SCAPTION

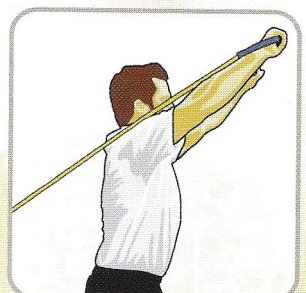
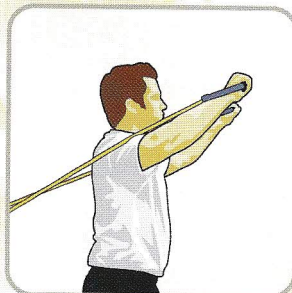
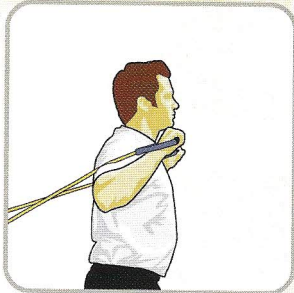
Level: **KNEE**  
Cord: **LIGHT**  
Reps: **10**



With your arms extended, grab the handles behind your back next to your back pockets. Slowly lift the cord up and forward in a 45° angle from your body. Stop the range of motion at shoulder height and return to the starting position.

## CROSSOVER INCLINE PLUS

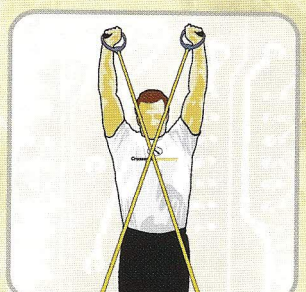
Level: **KNEE**  
Cord: **HEAVY**  
Reps: **10**



Hold the handles next to your shoulders so the resistance cord is resting on top of your forearms. You should feel a slight stretch in the pectoral muscles. From this position, press the handles up and forward until your arms are extended. To finish the exercise, protract (drive forward) the shoulders as far as you can and then return to the starting position with the handles next to your shoulders.

## CROSSOVER VICTORY

Level: **KNEE**  
Cord: **LIGHT**  
Reps: **10**



With your arms extended, lift the cords vertically until your arms are directly overhead. This pose suggests that you have just won an event and are putting your arms up in celebration.

**READ THIS BEFORE PROCEEDING:** BECAUSE OF THE NATURE OF PLYOMETRIC ACTIVITY AND THE POWERFUL FORCES CREATED DURING THE STRETCH-SHORTENING CYCLE, IT IS VITAL THAT AN ATHLETE HAS PROPER TECHNIQUE AND IS WELL CONDITIONED IN THE STANDARD WORKOUT BEFORE MOVING ON TO THE ADVANCED WORKOUT. FAILURE TO ADHERE TO THIS WARNING MAY RESULT IN INJURY, AND IS AT THE SOLE RISK OF THE PARTICIPANT.