



MOVEMENT PERFORMANCE MEMBERSHIP CLASS CHARACTERISTICS:

IRON SHARPENS IRON 3D- CHARACTERISTIC S & CLASS OPTIONS	TOP GUN JEDI KNIGHT	SILVER BACK SPARTAN WARRIOR	SUPPLE YETI	MAVERICK OUTLAW	MASTER YODA MATRIX MASTERY	SPEEDY ROAD RUNNER	BACK COUNTRY RENEGADE
ATHLETE SPECIFIC CHAIN REACTION BIOMECHANICAL SPECIFICITY	X	X	X	X	X	X	X
MOVEMENT WITH A PURPOSE APPROACH & CONQUERING	X	X	X	X	X	X	X
STRENGTH	X	X			X		X
POWER & DYNAMIC STABILITY	X	X		X	X	X	X
MOBILITY		X	X		X		X
ENDURANCE, METABOLIC CONDITIONING	X			X	X	X	X
SPEED, AGILITY, QUICKNESS				X	X	X	X
EXTREME BACK COUNTRY EXCURSIONS							X

MOVEMENT PERFORMANCE ACADEMY FORGING TOOLS:

ISI FORGING TOOL MATRIX	STRENGTH	POWER	MOBILITY	ENDURANCE	SPEED, AGILITY, QUICKNESS	EXTREME BACK COUNTRY EXCURSIONS
Dumbbells	X	X	X	X		X
Kettlebells	X	X	X	X		X
Barbells	X					
Hex Bar	X					
Sleds	X	X				
Med Balls		X		X		
Partner Work	X	X				
Sand Balls	X	X				
Battle Ropes	X	X	X			
TIDAL BAGS	X	X	X			
Indian Clubs			X			
Agility Ladder & Parachutes		X		X	X	
Jump Rope		X		X	X	
Agility Obstacle Course		X		X	X	X
JUMP, HOP, JOP		X			X	
Technical Trail Running						X
Mobility Strategies & Myofascial Release tools			X			X
Nature: Rocks, stumps, logs						X