

# Unity Human Performance Training Philosophy

## 1. Warmups:

### Lower Body

- Spinal Mobility
- Squat Mobility
- Lunge/Kick Mobility
- Field Warm Up
- Kettlebell Swings

### Upper Body

- Band Pull Apart
- Scapular Pushups
- Hindu Pushups
- Scapular Pull Ups
- Iron Cross
- Wall Windmill

## 2. CNS Activation:

### Lower Body

- Jump Variations
- Sprint Variations

### Upper Body

- Dynamic Pushup
- Med Ball Variations

### Olympic Lifts

- Power Clean
- Full Clean
- Hang Clean
- Jerk
- Split Jerk
- Power Snatch
- Full Snatch

## 3. Main Lifts:

### Lower Body Strength

- Power Squat
- Olympic Squat
- Deadlift

### Upper Body Strength

- Press
- Bench Press
- Pullup

### Dynamic Effort Lifts

- Speed Squat
- Speed Pull
- Speed Bench

## 4. Accessories:

### Lower Body

- Hinge Variations
- Lunge Variations
- Squat Variations
- Deadlift Variations

### Upper Body

- Bench Variations
- Press Variations
- Rows From Floor
- Back Work
- Tricep Work
- Shoulder Work

## 5. Core Stability:

- Plank
- Situp
- Loaded Carry
- Hollow
- Crawl
- Rotation
- Leg Raise

## 6. Active Recovery

### Lower Body Stability

- Touchdown Squat
- Overhead Squat
- Spinal Extension

### Upper Body Stability

- Bamboo Bench
- Wide Grip Pull
- Loaded Carry

## 7. Lifestyle / Recovery

- Yoga
- Sleep
- Nutrition
- Aerobic Exercise
- Additional Mobility
- Heat/Cold Therapy
- Massage