

Total			
Exercise	Category	Rank	Implement
Full Clean	Pull and Catch	Foundational	Barbell/Dumbbell
Hang Clean	Pull and Catch	Foundational	Barbell/Dumbbell
Split Jerk	Push—Overhead	Foundational	Barbell/Dumbbell
High Pull	Pull	Foundational	Barbell/Dumbbell
Hang High Pull	Pull	Foundational	Barbell/Dumbbell
Hang Snatch	Pull and Catch	Foundational	Barbell/Dumbbell
Deadlift	Pull	Supplemental	Barbell
Push Press	Push—Overhead	Supplemental	Barbell/Dumbbell
Lumberjack Press	Push—Overhead	Assistance	Barbell + Landmine
Rack Pull	Pull	Supplemental	Barbell
Clean to Push Press	Hybrid	Supplemental	Barbell/Dumbbell
Clean to Split Jerk	Hybrid	Supplemental	Barbell/Dumbbell
Hip Thrust	Push	Assistance	Barbell/Kettlebell
Kettlebell Swing	Pull	Assistance	Kettlebell
Banded Kettlebell Swing	Pull	Assistance	Kettlebell + Band
Suitcase Swing	Pull	Assistance	Kettlebell
Medicine Ball Slam	Slam	Assistance	Medicine Ball
Medicine Ball Over-the-Back Throw	Throw	Assistance	Medicine Ball
Medicine Ball Start Throw	Throw	Assistance	Medicine Ball
Medicine Ball Side Throw	Throw	Assistance	Medicine Ball
Medicine Ball Partner Chop	Chop	Assistance	Medicine Ball
Landmine Russian Twist	Chop	Assistance	Landmine + Barbell

Upper			
Exercise	Category	Rank	Implement
Bench Press – Traditional	Horizontal Press	Foundational	Barbell
Bench Press – Close-grip	Horizontal Press	Supplemental	Barbell
Bench Press – Shoulder Saver	Horizontal Press	Foundational	Barbell
Incline Bench Press—Traditional	Horizontal Press	Supplemental	Barbell
Incline Bench Press – Mid-grip	Horizontal Press	Foundational	Barbell
Standing Overhead Press	Vertical Press	Supplemental	Barbell/Dumbbell
Seated Overhead Press	Vertical Press	Supplemental	Barbell/Dumbbell
Seated Military (Behind Neck)	Vertical Press	Supplemental	Barbell
Split Press	Vertical Press	Assistance	Barbell/Dumbbell
Arnold Press	Vertical Press	Assistance	Dumbbell
Bradford Press	Vertical Press	Assistance	Barbell
Floor Press	Horizontal Press	Assistance	Barbell/Dumbbell
Incline Barbell Push-up	Horizontal Press	Assistance	Barbell
Curl and Press—Traditional	Hybrid	Assistance	Dumbbell

Upright Row	Vertical Pull	Assistance	Barbell/Dumbbell
Front Raise	Vertical Pull	Assistance	Barbell/Dumbbell
Seated Lateral Raise	Vertical Pull	Assistance	Dumbbell
Haney Shrug	Vertical Pull	Assistance	Barbell
Barbell Row	Horizontal Pull	Assistance	Barbell
Reverse-grip Row	Horizontal Pull	Assistance	Barbell/Dumbbell
1 Arm DB Row	Horizontal Pull	Assistance	Dumbbell
Meadows Row	Horizontal Pull	Assistance	Barbell + Landmine
1 Arm Barbell Row	Horizontal Pull	Assistance	Barbell + Landmine
Barbell Curl	Single Joint Flexion	Assistance	Barbell
Zottman Curl	Single Joint Flexion	Assistance	Dumbbell
Hammer Curl	Single Joint Flexion	Assistance	Dumbbell
Skull Crushers	Single Joint Extension	Assistance	EZ Bar
Triceps Pushdown	Single Joint Extension	Assistance	Cable/Band

Lower			
Exercise	Category	Rank	Implement
Squat	Bilateral—In Place	Foundational	Barbell
Box Squat	Bilateral—In Place	Foundational	Barbell
Front Squat	Bilateral—In Place	Supplemental	Barbell/Dumbbell
Anderson (Pin) Squat	Bilateral—In Place	Supplemental	Barbell
Hindu Box Squat	Bilateral—In Place	Supplemental	Barbell
Low Box Rocking Squat	Bilateral—In Place	Supplemental	Barbell
Goblet Squat	Bilateral—In Place	Supplemental	Dumbbell/Kettlebell
Goblet Squat—Triple Extension	Unilateral—Dynamic	Major Assistance	Dumbbell/Kettlebell
Split Squat	Unilateral—In Place	Major Assistance	Barbell/Dumbbell
Bulgarian Split Squat	Unilateral—In Place	Major Assistance	Barbell/Dumbbell
Jump Squat—Full	Bilateral—Dynamic	Major Assistance	Barbell/Dumbbell
Jump Squat—1/4	Bilateral—Dynamic	Major Assistance	Barbell/Dumbbell
Box Squat—Triple Extension	Bilateral—Dynamic	Supplemental	Barbell/Dumbbell
Box Squat—Banded	Bilateral—In Place	Supplemental	Barbell
Box Squat—Reverse Banded	Bilateral—In Place	Supplemental	Barbell
Forward Walking Lunge	Unilateral—Sagittal	Major Assistance	Barbell/Dumbbell
Reverse Lunge	Unilateral—Sagittal	Major Assistance	Barbell/Dumbbell
45 Degree Lunge	Unilateral—Frontal	Major Assistance	Barbell/Dumbbell
Asterisk Lunge	Unilateral—Sagittal	Major Assistance	Dumbbell
In-line Lunge	Unilateral—Sagittal	Major Assistance	Dumbbell
Cross-over Reverse Lunge	Unilateral—Sagittal	Major Assistance	Dumbbell
Sliding Reverse Lunge	Unilateral—Sagittal	Major Assistance	Dumbbell + Slider
Skater Squat	Unilateral— Transverse	Major Assistance	Dumbbell
Forward Step-up	Unilateral— Transverse, Sagittal	Major Assistance	Dumbbell

Lateral Step-up	Unilateral— Transverse, Frontal	Major Assistance	Dumbbell
Lateral TKE	Unilateral— Transverse, Frontal	Major Assistance	Dumbbell
Front TKE	Unilateral— Transverse, Sagittal	Major Assistance	Dumbbell
Monster Walks	Unilateral—Frontal, Transverse	Major Assistance	Dumbbell/Kettlebell
Sliding Knee Rotation	Unilateral—Sagittal	Major Assistance	Dumbbell/Kettlebell + Slider
Leg Extension	Single Joint Extension	Minor Assistance	Machine
Leg Curl	Single Joint Flexion	Minor Assistance	Machine
Ankle/Foot Dorsiflexion	Single Joint Flexion	Minor Assistance	Machine
Safety Bar Squat	Bilateral—In Place	Alternative	Safety Bar

Core			
Exercise	Category	Rank	Implement
Lock-out Sit-up	Hip Flexion w/ Neutral Spine	Assistance	Barbell/Dumbbell
Flutter Kick	Hip Flexion w/ Neutral Spine	Assistance	-
Upper Cut Sit-up	Hip Flexion w/ Neutral Spine	Assistance	Dumbbell
Ab Wheel Roll-out	Anti-Extension	Assistance	Ab Wheel
Barbell Roll-out	Anti-Extension	Assistance	Barbell
Press Sit-up	Hip Flexion w/ Neutral Spine	Assistance	Dumbbell
Alternating Toe Touch	Hip Flexion w/ Neutral Spine	Assistance	Medicine Ball
Plank	Anti-Extension (Iso)	Assistance	-
Plank Saws	Anti-Extension (Iso-Dynamic)	Assistance	Band
Sky Reach	Anti-Lateral Flexion	Assistance	Dumbbell/Kettlebell
Jackknives	Hip Flexion w/ Neutral Spine	Assistance	Swiss Ball/Slider
Crocodile Walks	Anti-Extension (Iso-Dynamic)	Assistance	Slider
Palof Press	Anti-Rotation	Assistance	Band/Cable
Farmers Walks	Anti-Lateral Flexion	Assistance	Dumbbell/Kettlebell
Uneven Walks	Anti-Lateral Flexion	Assistance	Dumbbell/Kettlebell
Single Side Deadlifts	Anti-Lateral Flexion	Assistance	Dumbbell

Adapted from Kenn, Joe. *The Coach's Strength Training Playbook*. Coaches Choice, 2003. Print.