

Strength Planning Worksheet

This worksheet contains a selection of exercises and is by no means exhaustive.

Pattern	Bodyweight	External Load
Hinge	<input type="checkbox"/> Box Jump <input type="checkbox"/> Broad Jump <input type="checkbox"/> Single Leg Romanian Deadlift	<input type="checkbox"/> Deadlift <input type="checkbox"/> Kettlebell Swing <input type="checkbox"/> Romanian Deadlift
Squat	<input type="checkbox"/> Bodyweight / Air Squat <input type="checkbox"/> Overhead Squat <input type="checkbox"/> Single Leg Squat <input type="checkbox"/> Bodyweight Split Squat	<input type="checkbox"/> Back Squat <input type="checkbox"/> Front Squat <input type="checkbox"/> Goblet Squat <input type="checkbox"/> Bulgarian Squat
Push	<input type="checkbox"/> Press Up / Push Up	<input type="checkbox"/> Bench Press <input type="checkbox"/> Dumbbell Chest Press <input type="checkbox"/> Military Press <input type="checkbox"/> Kettlebell Military Press
Pull	<input type="checkbox"/> Bodyweight Row <input type="checkbox"/> TRX / Ring Row <input type="checkbox"/> Pull Up*	<input type="checkbox"/> Bent Over Row <input type="checkbox"/> Supported Row <input type="checkbox"/> Cable Row
Rotation / Anti Rotation	<input type="checkbox"/> Bird Dog <input type="checkbox"/> Side Plank	<input type="checkbox"/> Pallov Press

*Pull ups **can** be a good pulling exercise, as long as you make sure you activate the back muscles at the beginning of the pull, pull to the chest (not the neck) and finish the movement with your elbows behind your body.

Once you've chosen your lifts, either find an experienced professional to teach you how to do each one properly or to critique your technique if you already know how to do them.