

NOFFS 5-Week Plan Exercise Library

Exercise Name	Exercise Picture	Coaching Keys
2 Inch Runs		<ul style="list-style-type: none"> • Start in athletic stance with knees bent, hips back, and arms bent • Run in place, moving your feet two inches off the ground as quickly as possible • Allow your arms to move slow and rhythmically • Continue for the prescribed time
90/90 Stretch		<ul style="list-style-type: none"> • Lie with left knee bent 90°, your right leg crossed over the left • Roll onto left side with knee & the ground • Keep hips stationary, rotate chest & arm trying to place back on the ground Hold for 2 sec • You should feel a stretch through your torso & your mid/upper back • Complete reps, repeat on opposite side
90/90 Stretch - Legs Crossed		<ul style="list-style-type: none"> • Lie with left knee bent 90°, your right leg crossed over the left • Roll onto left side with knee & the ground • Keep hips stationary, rotate chest & arm trying to place back on the ground. Hold 2 sec • You should feel a stretch through your torso & your mid/upper back • Complete reps, repeat on opposite side
90/90 Stretch - w/ Arm Sweep		<ul style="list-style-type: none"> • Lie with left knee bent 90°, your right leg crossed over the left • Roll onto left side with knee on the ground • Keep hips still, rotate chest & sweep with long arm – palm up, bending your elbow at the end reaching for your back pocket – palm down, Hold 2 sec • You should feel a stretch through your torso, mid/upper back, chest & shoulder • Complete reps, repeat on opposite side
Alternating Bench Press		<ul style="list-style-type: none"> • Keeping one arm straight, lower the other dumbbell until your arm just breaks parallel with the ground, then push it back up • Keep your nonworking arm straight with feet flat on the ground • Keep hips & shoulders on the bench during the movement • Alternate sides each rep

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Base Pogo		<ul style="list-style-type: none"> • Start in athletic stance with knees bent, hips back, and arms bent • Jump rapidly up and down, about two inches on each jump • Land on the balls of your feet and repeat without pausing • Continue for the remainder of the set
Base Rotations		<ul style="list-style-type: none"> • Start in athletic stance with knees bent, hips back, and arms bent • Jump 2 inches off the floor and rotate hips to one side as arms swing to opposite side • Without pausing, jump in the opposite direction • Continue for the prescribed amount of time
Bench Press - Alternating		<ul style="list-style-type: none"> • Keeping one arm straight, lower the other dumbbell until your arm just breaks parallel with the ground, then push it back up • Keep your nonworking arm straight with feet flat on the ground • Keep hips & shoulders on the bench during the movement • Alternate sides each rep
Bench Press		<ul style="list-style-type: none"> • Lie face up on a bench, weight over shoulders, your palms facing your thighs • Lower weight until arms just break parallel with ground, then push back up • Keep torso engaged & back flat during the movement
Bent Knee Hamstring Stretch		<ul style="list-style-type: none"> • Pull knee to chest, grasping behind the knee with both hands • Actively straighten knee, gently assist with hands until you feel a stretch • Keep opposite leg on ground by reaching long through heel, toes pointed to the sky • Complete reps, repeat on opposite side

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Bent Over Fly - Dumbbell		<ul style="list-style-type: none"> • Bend at the waist with a weight in each hand, arms hanging down • Raise your arms out to your sides • With control, lower your arms back to the starting position
Bent Over Row		<ul style="list-style-type: none"> • Stand, hinged over at the waist, with both feet standing on the band holding handles in each hand • Adjust the position of the bands to ensure the resistance is challenging enough • Slide your shoulder blades toward your spine and then lift the weight to your body by driving your elbow to the ceiling • Return to the starting position and repeat for the prescribed number of repetitions
Bent Over Row - 1 Arm		<ul style="list-style-type: none"> • Stand hinged over at the waist, knees slightly bent, holding a weight in one hand • Slide shoulder blade toward your spine, lift weight to body by driving elbow to ceiling • Keep your back level – your shoulders should stay parallel to the ground during the entire movement • Complete reps, repeat on opposite side
Bent Over Row - 1 Arm, 1 Leg		<ul style="list-style-type: none"> • Keep straight line from ear to ankle, hinge at waist & elevate your leg behind you • Slide shoulder blade toward the spine, lift weight to body by driving elbow to ceiling • Keep your back level, stance leg slightly unlocked & shoulders parallel to the ground • Complete reps, repeat on opposite side
Chest Stretch		<ul style="list-style-type: none"> • In a standing position, gently clasp both of your hands and place them on the back of your neck • Slowly pull your elbows back until you feel a stretch on your chest

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Crunches		<ul style="list-style-type: none"> • Lie faceup with your knees bent, and your arms crossed in front of your chest • Lift your chest until your shoulder blades are off the deck, and at the same time rotate your pelvis toward your belly button • Slowly return to the starting position. Repeat until you've completed your reps
Curl to Overhead Press - 1/2 Kneeling Dumbbell		<ul style="list-style-type: none"> • In a ½ kneeling position, hold dumbbells at your side • Perform a biceps curl so that the dumbbells are at your chest • Press your both hands over your head. Repeat for the prescribed number of repetitions, switch forward leg midway through the set • Contract the glute of your back leg to stabilize yourself
Deadlift - Barbell/Dumbbell		<ul style="list-style-type: none"> • Bend hips and knees to grab a barbell on the ground in front of you • Stand up, pulling the bar up along your thighs • Lower the bar to the floor • Keep the bar close to your legs and shoulder blades back and down
Deep Squat to Hamstring Stretch		<ul style="list-style-type: none"> • Stand with feet wide and toes slightly out • Bend at the waist to grab toes • Drop into deep squat with straight arms, elbows inside knees and chest up • Raise hips and straighten knees until you feel a stretch in back of legs • Hold for 1 to 2 seconds
Drop Lunge - Alternating		<ul style="list-style-type: none"> • Reach one foot across & behind, square hips forward & sit back & down into a squat • Maintain weight primarily on front leg, keep your chest up, torso engaged & sit hips back • You should feel a stretch in the outsides of both hips • Alternate sides each rep

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Drop Squat		<ul style="list-style-type: none"> • Stand tall with arms bent 90 degrees, forearms pointed out • Lift feet slightly off the floor, throw elbows back, and drop into a squat, bending knees and pushing hips back • Stand and return to the starting position • Move with speed and stick the landing
Dynamic Lateral Pillar Bridge		<ul style="list-style-type: none"> • Lie on your side with your forearm on the ground under your shoulder - feet stacked together • Push your hips off the ground, creating a straight line from ear to ankle, hold for 1 -2 sec & return to starting position • Repeat for reps & repeat on opposite side
Front Squat - Dumbbell		<ul style="list-style-type: none"> • Stand holding a pair of weight on your shoulders, elbows pointing out • Squat back and down until thighs close to parallel to the floor • Return to a standing position by pushing through your hips
Glute Bridge - Hold		<ul style="list-style-type: none"> • With feet shoulder width, lift hips to create a line from knees, hips, and shoulders • Keep back flat & torso engaged throughout the movement • Keep toes pulled up to your shins
Glute Bridge - Knee Extension		<ul style="list-style-type: none"> • Lie face up on the deck with your arms to your sides, knees bent, and your heels on the deck with your toes pulled up towards your shins • Lift your hips off the deck until your knees, hips, and shoulders are in a straight line • Hold the position while extending your left knee. Return your foot to the deck and repeat with your right knee

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Glute Bridge - Marching (Hip Flexion)		<ul style="list-style-type: none"> • Lift hips to create a line through knees, hips & shoulders • Lift one knee towards your chest, hold 2 sec. Alternate legs for prescribed reps with each leg • Keep back flat and torso engaged throughout the movement
Glute Bridge - with Leg Lock		<ul style="list-style-type: none"> • Lie faceup with knees bent and heels on the ground • Grab one knee with both hands and pull it toward your chest • Lift your hips toward the sky • Hold for 1 to 2 seconds and lower your hips back down • Complete the set on one leg before repeating on other
Glute Bridge (reps)		<ul style="list-style-type: none"> • With feet shoulder width, lift hips to create a line from knees, hips, and shoulders • Keep back flat & torso engaged throughout the movement • Keep toes pulled up to your shins • Complete reps
Glute Bridge 1 Leg		<ul style="list-style-type: none"> • Lying on your back, with knees bent and toes pulled up towards shins, lift one knee to your chest • Lift your hips off the ground until your knee, hips and shoulders are in a straight line – hold for 2 seconds • Keep back flat and torso engaged throughout the movement • Complete reps, repeat on opposite side
Glute Bridge - 2 Up 1 Down		<ul style="list-style-type: none"> • Lie faceup on the deck with your arms at your sides, your knees bent, and your heels on the deck • Lift your hips off the deck until your knees, hips and shoulders are in a straight line • Hold the position while lifting your right knee to your chest, then slowly lower your hips to the starting position with the single leg • Repeat this movement for the prescribed amount of repetitions, then repeat while lifting your left knee to your chest while lowering yourself

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Hand Walk		<ul style="list-style-type: none"> • Stand with your legs straight and hands on the ground in front of you • Keeping legs straight and stomach tight throughout movement, walk your hands forward • Walk your feet back up to your hands to complete 1 rep
Inverted Hamstring		<ul style="list-style-type: none"> • Keep straight line from ear to ankle, hinge at waist & elevate your leg behind you • When you feel a stretch, return to the standing position by contracting glute & hamstring • Keep stance leg slightly unlocked, back flat, and shoulders & hips parallel to ground • Complete reps, repeat on opposite side
Knee Hug - In Place		<ul style="list-style-type: none"> • Lift one leg off the ground and slightly squat back and down on the opposite leg • Take hold just below your knee and pull towards your chest as you stand tall on the opposite leg • Keep your weight in the middle of your foot, chest up and contract the glute of your stance leg • Move with control, and alternate sides each rep
Knee Hug - Supine		<ul style="list-style-type: none"> • Actively lift knee to your chest, gently assist by grabbing the knee & pulling it closer to chest • Exhale & hold the stretch for 2 seconds, then return to the starting position • Keep your non stretching leg flat on the floor by pushing the bottom of your heel away from your head • Complete reps, repeat on opposite side
Lat Stretch		<ul style="list-style-type: none"> • Kneel with elbows on a bench, arms pointed diagonally, and palms facing up • Drop chest and sit hips back and down on your heels • Hold for 1 to 2 seconds, relax, and return to the starting position

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Lateral Bound - Stabilize		<ul style="list-style-type: none"> • Standing with hips and knees slightly bent, bound to one side, generating force with arms • Land softly on opposite leg and hold for 3 seconds • Stand and repeat move in opposite direction to complete 1 rep
Lateral Lunge - Alternating		<ul style="list-style-type: none"> • Stand with good posture with your hands at your sides and feet shoulder width apart • Step to the right with your right foot, keeping your toes forward and your feet flat • Squat through your right hip while keeping your left leg straight • Squat as low as possible, holding this position for 2 seconds • Push back to the starting position and repeat for the prescribed number of repetitions, then repeat with the left leg
Lateral Pillar Bridge		<ul style="list-style-type: none"> • Lie on your side with your forearm on the ground under your shoulder - feet stacked together • Keep body in a straight line from your ear to your ankles • Hold for 30 seconds • Complete for time, repeat on opposite side
Lateral Squat		<ul style="list-style-type: none"> • Stand with feet wider than shoulder width apart, shift hips to the side & down • Push through your hip to return to start position • Keep your opposite leg straight, back flat & your chest up • Alternate sides each rep
Lateral Squat - Dumbbell Alternating		<ul style="list-style-type: none"> • Start with feet wider than shoulder width, shift hips to the side & down • Push through your hip to return to start position • Keep your opposite leg straight, your back flat & your chest up • Alternate sides each rep

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Lateral Squat - Low Alternating		<ul style="list-style-type: none"> • Stand with feet wider than shoulder width apart, shift hips to the side & down • Keeping your hips low the entire time, push through your hip to shift your weight onto the opposite leg • Move with control & keep your chest up throughout the movement • Alternate sides each rep
Leg Cradel - In Place		<ul style="list-style-type: none"> • Stand with your back straight, your knees unlocked, and your arms at your side • Lift one foot off the ground and slightly squat back and down on your opposite leg • Pull your leg as close as you can to your chest in a gentle stretch as you stand tall on the opposite leg • Keep your weight in the middle of your foot, chest up and contract the glute of your stance leg • Alternate sides each rep
Leg Cradle - Supine		<ul style="list-style-type: none"> • Actively lift knee to your chest, placing one hand on knee & one under ankle • Pull leg to chest with both hands into a gentle stretch • During the movement, contract the glute of the leg that's on the ground • Complete reps, repeat on opposite side
Plank - Walking		<ul style="list-style-type: none"> • Start in a push-up position with feet close together • Keeping torso stable, walk feet backwards with small steps as arms extend overhead • Hold for 1 to 2 seconds at bottom of movement and then walk your feet back up
Mini Band - External Rotation		<ul style="list-style-type: none"> • Stand in quarter-squat position with feet hip width & band just above knees • Let one knee drop in & return to starting position • Complete reps, repeat on opposite side

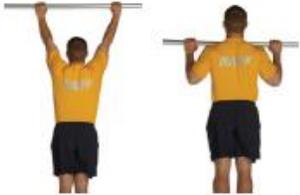
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Mini Band - Lateral Walk (Bent Knees)		<ul style="list-style-type: none"> • Stand in quarter-squat position with feet hip width & band just above knees • Take small side steps, lead elbows drive back with each step • Push with back leg, don't reach with front leg. Keep mild tension on band at all times
Mini Band - Lateral Walk (Straight Knees)		<ul style="list-style-type: none"> • Stand in a tall position with your feet hip width apart, hands on hips, and a mini band just above your ankles • Take small side steps by pushing with back leg, don't reach with front leg • Keep mild tension on band at all times
Overhead Press - High Split Alternating		<ul style="list-style-type: none"> • Stand tall holding a pair of dumbbells straight above your shoulders, palms facing forward • Lower one weight to your shoulder and press it back up • Repeat with opposite arm to complete 1 rep
Overhead Press 1/2 Kneeling		<ul style="list-style-type: none"> • Half-kneel (put one knee on the deck) with your back knee on a soft mat or pad • Place the middle of the band underneath your front foot and hold a handle in each hand • Keeping your arms in line with your body, press the bands straight overhead • Return to the starting position and repeat for the prescribed number of repetitions
Pillar Bridge		<ul style="list-style-type: none"> • Push up tall on your elbows & tuck chin so head is in line with body • Maintain a straight line from ears to ankle • Feet shoulder width apart • Complete for time

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Pillar Bridge - Rolling		<ul style="list-style-type: none"> • Lie face down with your forearms on the deck under your chest • Push up off your elbows, supporting your weight on the forearms • Tuck your chin so that your head is in line with your body • Pull your toes towards your shins and hold for 1 -2 seconds • With your torso engaged and back flat roll into a lateral pillar bridge and hold for 1-2 seconds • Return to the start position and repeat on the opposite side, that's one repetition
Pillar Bridge - with Leg Lift		<ul style="list-style-type: none"> • Start in a push-up position with feet shoulder-width apart • Maintain a straight line from ankles to head • Lift one leg into the air, hold for 2 seconds, and lower it back down • Repeat with opposite leg and complete for time
Pillar Bridge to 1-Arm Row (on bench)		<ul style="list-style-type: none"> • Start facedown supporting your weight with your feet and one forearm on the end of a bench, holding a dumbbell in opposite hand with arm extended • Maintain a straight line from ankles to head • Pull the dumbbell to your ribcage and then lower it back down • Complete the set on one side and repeat on the other
Pillar Bridge w/ Arm Reach		<ul style="list-style-type: none"> • Start in a push-up position with feet shoulder-width apart • Lift one arm up and away from your body, holding for 1 to 2 seconds • Return your arm to the floor underneath your shoulder and repeat with your opposite arm • Continue alternating to complete the set
Plank w/Alternating Hip Flexion		<ul style="list-style-type: none"> • Start in a push-up position with feet shoulder- width apart • Keeping torso stable, draw one knee toward chest and tap foot on the ground • Hold for 1 to 2 seconds and return to the starting position • Repeat with opposite leg to complete 1 rep

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Pull-up		<ul style="list-style-type: none"> • Hang from a pull-up bar with an overhand grip (palms facing out) • Keeping your legs still, pull your chest to the bar • Lower yourself to the starting position, straightening your arms completely
Push Press - Bands/Dumbbell		<ul style="list-style-type: none"> • Stand tall holding a weight on front of your shoulders with palms facing each other • Dip down and then explode up, extending your hips and pressing the sandbag overhead • “Catch” the sandbag overhead with straight arms and hips and knees slightly bent
Push Up to Lateral Plank - Alternating		<ul style="list-style-type: none"> • Start in a push-up position • Bend elbows and lower torso toward the ground • As you push back up, lift one arm to the ceiling as you rotate torso in same direction • Rotate back to starting position and repeat in opposite direction
Push ups		<ul style="list-style-type: none"> • Assume a push up position with your hands and feet on the deck • Lower your body towards the deck, then reverse the movement without touching the deck • Keep your body in a straight line
Quad/Hip Flexor Stretch - 1/2 Kneeling		<ul style="list-style-type: none"> • Keep a slightly forward lean in torso, engage torso & contract the glute of your back leg • Maintain posture, shift body slightly forward. Exhale & hold the stretch for 2 seconds • Avoid excessive arching in your lower back • Complete reps, repeat on opposite side

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<p>Quadruped Thoracic Rotation</p>		<ul style="list-style-type: none"> • Start on your hands and knees with your elbows straight, hands directly below your shoulders, knees directly below your hips, and your right hand behind your head • With a controlled movement rotate toward the right as far as possible while exhaling, stretching the front of the torso, and hold 2 seconds • Rotate trunk to the deck, taking right elbow to left knee while exhaling, feeling a stretch in the back, and hold for two seconds • Continue for the prescribed number of reps, switch sides, and repeat
<p>Reverse Crunch</p>		<ul style="list-style-type: none"> • Lie faceup on the ground with hips bent 90 degrees, legs relaxed • Pull knees toward chest by tilting pelvis until tailbone lifts off the floor • Lower back down without allowing feet to touch floor
<p>Reverse Lunge - Alternating</p>		<ul style="list-style-type: none"> • Stand holding a weight in each hand • Keeping chest up, step backward into a lunge • Push through the front hip to return to starting position • Repeat with opposite leg to complete 1 rep
<p>Reverse Lunge - w/Reach</p>		<ul style="list-style-type: none"> • Contract your back glute at the bottom of the lunge • Reach your one hand overhead, reaching other hand toward the ground – hold for 2 sec • Keep chest up, don't let your back knee touch the ground • Alternate sides each rep

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Reverse Lunge Elbow to Instep		<ul style="list-style-type: none"> • Place left hand on ground & right elbow inside of right foot. Hold for 2 sec • Rotate your right arm & chest to the sky. Hold for 1 to 2 seconds & return • Place right hand outside foot & push hips to the sky • Keep back knee off ground & contract rear glute
Reverse Lunge, Elbow to Instep, w/ Rotation		<ul style="list-style-type: none"> • Place right hand on ground & left elbow inside of left foot, Hold for 2 sec • Place left hand outside foot & push hips to the sky • Keep back knee off ground & contract rear glute • Alternate sides each rep
Reverse Lunge - w/ Rotation		<ul style="list-style-type: none"> • Contract your back glute at the bottom of the lunge • Rotate your torso towards the direction of your forward leg • Keep chest up, don't let your back knee touch the ground • Alternate sides each rep
Romanian Deadlift		<ul style="list-style-type: none"> • Stand holding a weight with hands wider than shoulder-width apart • Maintaining a flat back, bend at the waist and lower the barbell, keeping it close to your shins • Stand up by contracting your hamstring and glutes
Romanian Deadlift - 1 Arm, 1 Leg		<ul style="list-style-type: none"> • Stand on one foot holding a weight in each hand with palms facing each other • Keeping back flat, bend at the waist, lowering the dumbbells as the non-support leg lifts straight behind • Stand up by contracting your hamstring and glutes • Repeat on the opposite leg to complete 1 rep

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Romanian Deadlift - 1 Leg		<ul style="list-style-type: none"> • Keep straight line from ear to ankle, hinge at waist & elevate your leg behind you • Return to the standing position by contracting your hamstring & glutes • Keep back flat, shoulder blades back & down during movement & keep the weight close to your shin • Complete reps, repeat on opposite side
Rotational Crunch - Bicycle		<ul style="list-style-type: none"> • Lie face up with hands behind head, one leg straight and opposite hip and knee bent 90 degrees • Curl torso and pelvis toward each other, rotating torso toward the bent leg • Rotate torso to the opposite side and switch leg positions
Split Squat		<ul style="list-style-type: none"> • Stand holding a weight tall in a split stance with feet shoulder-width apart • Lower your hips toward the ground • Push through your front leg to return to stand up • Complete set on one side before repeating on other
Split Squat - Rear Foot Elevated Dumbbell		<ul style="list-style-type: none"> • Place your rear foot up onto a box or bench behind you • Drop hips towards ground by bending your front knee without letting your back knee touch the ground • Return to starting position by pushing up with your front hip • Complete reps on one leg, then switch legs & repeat
Split Squat Jumps - Alternating (Continuous)		<ul style="list-style-type: none"> • Start in a split stance with arms bent 90 degrees • Drop into split squat, swing elbows back, and then jump using arms and hips • Exchange legs in mid-air, land softly, and immediately take off into the next jump • Continue alternating to complete set

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Squat - 1 Arm Dumbbell		<ul style="list-style-type: none"> • Stand with a tall posture, feet shoulder width apart & arms at your sides with a dumbbell in one hand • Squat your hips down & back keeping your torso engaged & back flat & return to standing • Ensure hips & shoulders remain forward facing & parallel during the movement • Complete reps, repeat on opposite side
Squat Jump - Counter Movement to Stabilize		<ul style="list-style-type: none"> • Stand with feet slightly wider than shoulder- width apart, hands behind head • Sit down into a squat and immediately jump, extending your hips • Land softly in a squat and reset to starting position
Squat to Overhead Press		<ul style="list-style-type: none"> • Squat hips back & down until thighs are parallel with ground • Return to standing by pushing through your hips • At top of stance, press the weight straight overhead • Keep weight on arches and do not let knees collapse during the movement
Squat w/ Mini Band		<ul style="list-style-type: none"> • Place mini band just above knees • Squat hips back and down until thighs are parallel with ground • Return to standing by pushing through your hips • Keep weight on arches and do not let knees collapse during the movement
Straight Leg Lowering		<ul style="list-style-type: none"> • Lying face up on deck with your knees straight and hips flexed with legs pointing up with soles of feet pointing towards the ceiling. • While keeping your stomach tight, spine still, and left leg stationary, slowly lower your right leg straight down until you feel your pelvis about to start moving. • Return back to the starting position and repeat on the opposite side. • Continue for the prescribed number of repetitions.

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Triceps Stretch		<ul style="list-style-type: none"> • Lift one arm up over head & reach hand down your back, gently assist with opposite hand • Exhale & hold for 2 seconds, then relax & repeat • Keep your back flat & torso engaged throughout the stretch • Complete reps, repeat on opposite side
T's Bent Over - Bands		<ul style="list-style-type: none"> • Stand bent over at the waist with your back flat and your chest up • Take hold of a light resistance band in both hands • Glide your shoulder blades back and down, then raise your arms out to your sides to form a T • You should feel slight resistance from the bands as you raise you arms • Return to the starting position and continue for the prescribed number of reps
T's Bent Over		<ul style="list-style-type: none"> • Stand in a athletic stance with arms in front at shoulder height, palms facing up • Reach arms out to your sides along an arc until you feel a gentle stretch in your chest • Hold for 2 seconds, relax, and return to starting position
W's Bent Over		<ul style="list-style-type: none"> • Bend over at the waist with back flat, arms down, and elbows in toward ribs • Keeping elbows at your sides, rotate arms toward ceiling to form a "W" • Reverse directions to return to starting position
Y's Bent Over		<ul style="list-style-type: none"> • Hinge at waist, back flat & chest up • Glide shoulder blades back & down, and raise your arms over your head to form a Y • Initiate movement with shoulder blades, not arms & keep thumbs up throughout • Lower arms back to start & repeat for reps

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Y's Bent Over - Band		<ul style="list-style-type: none"> • Stand bent over at the waist with your back flat and your chest up • Take hold of a light resistance band in both hands. • Glide your shoulder blades back and down, then raise your arms over your head to form a Y • You should feel slight resistance from the bands as you raise you arms • Return to the starting position and continue for the prescribed number of reps
Drop Lunge		<ul style="list-style-type: none"> • Reach one foot across & behind, square hips forward, & sit back & down into a squat • Maintain weight primarily on front leg, keep your chest up, torso engaged & sit hips back • You should feel a stretch in the outsides of both hips • Complete reps, then repeat on opposite side
Plank - Running		<ul style="list-style-type: none"> • Start in a push up position with your hands directly beneath your shoulders and your feet shoulder width apart • Keeping your hips and torso still, draw one knee towards your chest keeping your back leg straight • With your torso engaged, switch your leg position by driving your straightened knee towards your chest while straightening your bent knee • Continue alternating this movement for the prescribed repetitions
Single Leg Balance - Alphabet		<ul style="list-style-type: none"> • Sit your hips down & back into a quarter squat • With 'floating' foot spell the alphabet with toe for prescribed time • Keep your torso & hip engaged throughout the movement • Alternate legs every 5 sec until working time elapsed
Split Squat - Alternating 5 Second Hold		<ul style="list-style-type: none"> • Stand in a tall split position with feet shoulder width apart, and your weight primarily on the arch of your front foot • Drop your hips to the deck by bending your front knee without letting your back knee touch the deck • Hold this position for 5 seconds, then switch legs and repeat until working time has elapsed