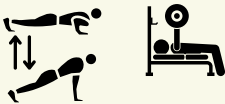


SCROLL OF HUMAN MOVEMENT

NOTES: _____

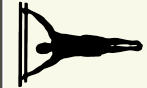
UPPER BODY PUSH/PRESS

- HORIZONTAL PRESSING:
 - PUSH-UP VARIATIONS
 - BENCH PRESS VARIATIONS
 - MACHINE VARIATIONS
- OVERHEAD PRESSING:
 - OVERHEAD PRESS VARIATIONS
 - PIKE & HANDSTAND PUSH-UPS
- DOWNWARD PRESSING:
 - DIP VARIATIONS



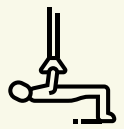
CORE

- ISOMETRIC HOLDS
 - PLANK VARIATIONS
 - HOLLOW BODY HOLDS
 - L-SITS, DRAGON FLAGS, ETC..
- ROTATION / ANTIROTATION
 - ROPE FLOW, CLUBS, ETC...
 - WOOD CHOPS / LATERAL MED BALL
- DYNAMIC STABILITY AND LOADED CARRIES
 - FARMER'S WALKS / SUITCASE CARRIES
 - BALANCE BOARD / SLACK BOARD



UPPER BODY PULL

- VERTICAL PULLING
 - PULL-UP / HANG VARIATIONS
 - LAT PULL-DOWN MACHINE
- HORIZONTAL PULLING
 - INVERTED ROW VARIATIONS
 - BENT-OVER ROW VARIATIONS



LOCOMOTION

- UPRIGHT
 - WALK, JOG, RUN
 - HIKING
- ON ALL FOURS
 - CRAWLING VARIATIONS
 - CRAB WALK VARIATIONS



LEGS

- STANDARD SQUAT VARIATIONS
 - BACK SQUATS
 - FRONT SQUATS
 - BOBLET SQUATS
 - AIR SQUATS
- HIP HINGE VARIATIONS
 - DEADLIFT VARIATIONS
 - KB SWINGS
- LUNGES - FORWARD/REV
 - FORWARD / REVERSE LUNGES
 - SPLIT SQUATS
 - STEP-UP VARIATIONS
- LUNGES - LATERAL
 - LATERAL LUNGES
 - COSSACK SQUATS



SKILLS IDEAS

- JUGGLING
- RUBIKS CUBE
- ELBOW LEVER
- HANDSTAND
- FRONT LEVER
- LSIT
- DRAGON FLAG
- HUMAN FLAG
- HACKY SACK
- SLACK LINE
- ROPE FLOW
- CLUB SWINGING
- ?
- ?
- ?

