

Swiss Volley - Athletic Development Program (ADP)

# SV Benchmark Exercises T2-T4

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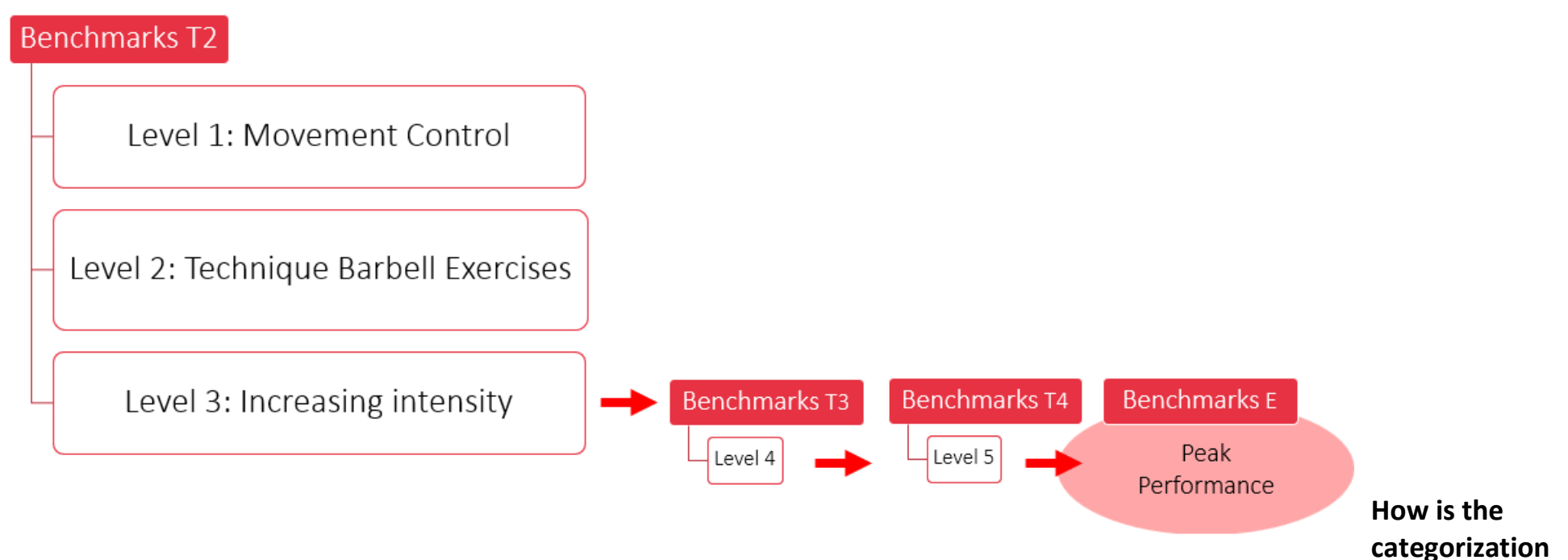


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## Swiss Volley Stage Model – long term athletic development

In order to be able to perform the most intensive forms of strength training at a high-performance age, the foundation must already be laid at the F/T2 level. The SVAD's common thread leads its athletes step by step in the stage model from learning the basic movements, joint alignment and muscle control for training with barbells through to periodized strength training with a competition focus. Each stage is completed with the completion of required benchmark exercises.



### into the level model carried out?

New athletes are placed in the level model by completing the required benchmark exercises (from level 1 - ....). If 80% of the benchmark exercises are passed, an athlete is allowed to show the next benchmark exercises. If an athlete achieves less than 80% of the required benchmarks, this is the appropriate entry level and the athlete can train the corresponding training plans.


### How do the transitions work?


Once the required benchmarks have been achieved, a player can move to the next level. The aim is to achieve at least 80% of the benchmarks before a change is made. The open points are reworked.

T2 : Benchmarks Level 1.1

Movement Control, Movement Quality

T2 - 1.1.1 Plank (SV)





**Goal:** 90sec, static

**Cues:** Hands under shoulders, fingers flat / Shoulders wide, neck relaxed / head in extension of the spine ("leaning against hood") / Push the floor away -> keep neutral spine / head and heels push apart --> straight line

T2 - 1.1.2 Row TRX (SV)







**Goal:** 12 reps

**Cues:** Slightly pull shoulderblades down and back --> wide shoulders  
Maintain tight torso  
Keep shoulders wide, neck relaxed  
Maintain excellent posture and stability during movement

T2 - 1.1.3 Goblet Squat (SV)





**Goal:** 8 reps with 15kg

**Cues:** Feet shoulder width apart, v-Position / Look straight ahead / Simultaneously bend at hip and knee joint (sit between feet) / Neutral spine, upper body as upright as possible / Correct leg alignment (knees in line with 2nd toe) / As low as possible (with good form) --> goal: hips lower than knees

T2 - 1.1.4 Bulgarian Split Squat (SV)







**Goal:** 8 reps, each leg

**Cues:** Foot straight - More weight on your front foot (about 70:30) / Keep the front knee over the ankle (no forward shift) / Keep correct leg alignment: straight line front foot, knee, hip --> no lateral shift of the hip / Keep your hips square / Keep a straight line shoulder-rear knee

T2 - 1.1.5 Glute Bridge (SV)





**Goal:** 12 reps – one leg with leg lock

**Cues:** Knee and foot point straight forward / Keep your spine neutral, core engaged / Keep your hips square ! / no exaggerated hollow back!

T2 : Benchmarks Level 1.2

Movement Control, Movement Quality

T2 - 1.2.1 Push up – Excentric (feet/knees) (SV)







**Goal :** 10 reps

**Cues:** Hands under shoulders, fingers flat / Shoulders wide, neck relaxed - head in extension of the spine / Push the floor away --> keep neutral spine, core engaged / head and heels push apart --> always keep a straight line head-knee/foot / Slow downward motion! lowest point: keep shoulders wide!

T2 - 1.2.2 Side Plank – lateral (SV)





**Goal :** 1 min

**Cues:** Hand/elbow under shoulder --> push floor away / Push hips forward --> straight line: feet-hip-shoulder-head / Keep shoulders and pelvis parallel (no rotation) / Maintain tight torso -> no side bend / Keep shoulders wide, neck relaxed

T2 - 1.2.3 Romanian Deadlift – 1 Leg Knee lift (SV)





**Goal :** 8 reps

**Cues:** Correct leg alignment (foot straight, knee points to 2nd toe, hips always parallel) / Bend at hip joint / Keep straight line head-heel --> heel and crown of the head push apart, lean head against "hood", keep shoulders wide / Come up by activating your hamstring muscles - Lift knee -> Foot flexed

T2 - 1.2.4 Reverse Lunge – Same Side Continuous (SV)





**Goal :** 8 reps

**Cues:** Keep more weight on your front foot --> forward lean - Keep leg aligned (knee in line with 2nd toe, inner thigh rotates outward) - Keep hip in line with front knee (no lateral shift), hips square

T2 : Benchmarks Level 1.3

Movement Control, Movement Quality

T2 - 1.3.1 Squat 90° - 1 Leg (SV)






**Goal :** 10 reps

**Cues:** Place foot straight / Always keep whole foot flat on the ground - Simultaneously bend at hip and knee joint / Maintain correct leg alignment (knee points to 2nd toe, ankle-knee-hip in line, hips parallel) / Look straight ahead - Neutral spine, upper body as upright as possible

T2 – 1.3.2 Drop Squat – 1 Leg (SV)







**Goal :** 6 reps

**Cues:** Start: Feet hip width apart - Landing on flat foot, foot straight / Correct leg alignment: Knee points to 2nd toe, foot-knee-hip in line, hips parallel - Hip and Knee angle >90° - Maintain tight torso / Look straight ahead / Hold landing-position for 3"

T2 - 1.3.3 Reverse Plank (SV)





**Goal :** 1 min

**Cues:** Fingers point to buttocks, Feet straight ahead / Keep core muscles engaged / Keep straight line head-heel / Keep spine neutral - no hollow back! --> slightly curl pelvis / Keep shoulders low and wide, open up your chest



T2 : Benchmarks Level 2.1

Technique Barbell exercises, and at least 6 months of experience training with the barbell, Movement Control, Movement Quality

T2 - 2.1.1 Front Squat – Barbell (SV)





**Goal : 10 reps with 40% Bodyweight (BW)**  
**Cues :** Feet shoulder width apart, v-Position / Keep elbows up, fingers touch the barbell / Look straight ahead / Keep spine neutral, upper body as upright as possible / Correct leg alignment / As low as possible (with good form) --> goal: hips lower than knees

Instruction Video: Front Squat



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T2 - 2.1.2 Swing Kettlebell/Dumbbell (SV)





**Goal : 10 reps**  
**Cues :** Feet parallel, shoulder width apart / Knees slightly bent / Bend at hip joint, keep spine neutral / Keep tension between shoulder blades --> shoulders wide and low / Explosive hip extension, keep spine neutral --> ! no hollow back !

T2 - 2.1.3 Overhead Press – Barbell (SV)





**Goal Boys: 10 reps with 30-40% BW**  
**Goal Girls: 10 reps with 20-40% BW**  
**Cues :** Starting Position: Hands shoulder width apart, elbows slightly lifted (30°) / Keep elbows narrow when lifting the weight - Push bar up and back --> stabilize weight with extended arms / Keep shoulders wide, neck relaxed / Keep spine neutral (no hollow back) / Slowly returning to starting position

T2 : Benchmarks Level 2.2

Technique Barbell exercises, and at least 6 months of experience training with the barbell, Movement Control, Movement Quality

T2 - 2.2.1 Deadlift – Barbell (SV)





**Goal : 10 reps with 40-60% BW**  
**Cues :** Slightly pull shoulder blades down and back --> wide shoulders / Bend hips, **then** knees / Keep core engaged, spine neutral / Always keep shoulders above barbell / Metaphor: "put on pants"

Instruction Video: Deadlift



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T2 - 2.2.2 Overhead backward heave (Schocken rückwärts) (SV)






**Goal : 6 reps**  
**Cues :** Feet parallel, hip width apart, feet flat on the ground / Keep back straight when forward bending / Explosively extend hips, keep spine neutral (no exaggerated hollow back!) --> if you fall backwards after passing the ball = ok

T2 - 2.2.3 Pull up – Assisted (SV)





**Goal : 10 reps**  
**Cues :** Over/Underhandgrip shoulder wide / Pre-Activation: Slightly pull shoulder blades down and back --> wide shoulders, shoulders away from ears - ! at the top: keep shoulders wide, neck relaxed ! - Slowly return. Easier: keep shoulders lowered, harder: go back to full hanging position

T2 : Benchmarks Level 2.3

Technique Barbell exercises, and at least 6 months of experience training with the barbell, Movement Control, Movement Quality

T2 - 2.3.1 Back Squat – Barbell (SV)





**Goal : 6 reps with 40-60% BW with hips lower than knees**  
**Cues:** Feet shoulder width apart, v-Position - Pull shoulder blades/arms back, fingers touch the barbell / Look straight ahead - Sit between feet - Keep spine neutral, upper body as upright as possible / Correct leg alignment / As low as possible (with good form) --> goal: hips lower than knees

Instruction Video: Back Squat



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T2 - 2.3.2 Snatch – 1 Arm (SV)





**Goal : 6 reps with 20% BW**  
**Cues:** Starting position: Feet hip width apart, bend forward, keep back straight - Explosively extend hips, knees and ankles - Slightly pull shoulder blade down and back, lift elbow - Place feet flat on the ground, shoulder width apart, quarter Squat Position and stabilize weight over head (straight arm)

T2 - 2.3.3 Overhead Squat – Dowel Barbell (SV)





**Goal : 6 reps with 30% BW**  
**Cues:** Grip width = 1 Arm + Shoulder width / Keep arms extended, always in line with/slightly behind ears --> weight over body center of mass / Correct Squat movement (feet position, Leg alignment, neutral spine, upright) / As low as possible (with good form) / Go straight up, no forward bending

T2 - 2.3.4 Pistol Squat - TRX (SV)





**Goal : 8 reps, below parallel**  
**Cues:** Place foot straight, flat on the ground - Maintain correct leg alignment (knee points to 2nd toe, ankle-knee-hip in line, hips parallel) - Neutral spine, upper body as upright as possible - As low as possible (with good form) - Look straight ahead --> Arms support as little weight as possible


T2 - 2.3.5 Reverse Plank – Leg Lift (SV)






**Goal : 30 seconds, each side**  
**Cues:** Fingers point to buttocks, Feet straight ahead - Keep core muscles engaged - Keep straight line head-heel - Keep spine neutral - no hollow back! --> slightly curl pelvis - Keep shoulders low and wide, open up your chest

T2 - 2.3.6 Push up (SV)





**Goal Boys: 10 reps**  
**Goal Girls: 4 reps**  
**Cues :** Hands under shoulders, fingers flat / Shoulders wide, neck relaxed / head in extension of the spine / Push the floor away --> keep neutral spine, core engaged - head and heels push apart --> always keep a straight line head-knee-foot / Slow downward motion! lowest point: keep shoulders wide!

T2 - 2.3.7 Side Plank (lateral) - Leg abduction (SV)






**Goal : 30 seconds, each side**  
**Cues :** Hand/elbow under shoulder --> push floor away - Push hips forward --> straight line: feet-hip-shoulder-head - Keep shoulders and pelvis parallel (no rotation) - Maintain tight torso --> no side bend - Keep shoulders wide, neck relaxed --> lift upper leg --> keep straight line foot-head

T2 : Benchmarks Level 3 - BOYS

Barbell exercises with progressing intensity, more challenging exercises (Pistol Squat on box, Pull Up, ...)

T2 – 3.1.1 Front Squat – Barbell (SV)





**Goal :** 5 reps with 60-90% BW, below parallel

**Cues:** Front Feet shoulder width apart, v-Position / Keep elbows up, fingers touch the barbell / Look straight ahead / Keep spine neutral, upper body as upright as possible / Correct leg alignment / As low as possible (with good form) --> goal: hips lower than knees

T2 – 3.1.2 Back Squat – Barbell (SV)





**Goal :** 5 reps with 60-90%- BW, below parallel

**Cues:** Feet shoulder width apart, v-Position - Pull shoulder blades/arms back, fingers touch the barbell / Look straight ahead / Sit between feet - Keep spine neutral, upper body as upright as possible / Correct leg alignment / As low as possible (with good form) --> goal: hips lower than knees

T2 – 3.1.3 Deadlift Barbell (SV)








**Goal :** 5 reps with 60-90% BW

**Cues:** Slightly pull shoulder blades down and back --> wide shoulders - Bend hips, than knees / Keep core engaged, spine neutral - Always keep shoulders above barbell - Metaphor: "put on pants"

T2 – 3.1.4 Pistol Squat on box (SV)





**Goal :** 4 reps

**Cues:** Place foot straight, flat on the ground / Simultaneously bend at hip and knee joint / Maintain correct leg alignment (knee points to 2nd toe, ankle-knee-hip in line, hips parallel) / Neutral spine, upper body as upright as possible / As low as possible (with good form) / Look straight ahead

T2 – 3.1.5 Plank diagonals (SV)





**Goal :** 30 sec, each side

**Cues:** Push the floor away, keep spine neutral / Keep straight line: head&heels push apart, head in extension of the spine ("leaning against hood") / Keep hips and shoulders square (parallel) / Keep shoulders low and wide, neck relaxed

T2 – 3.1.6 Side Plank - Adductor Bridge Copenhagen TRX/Bench (SV)








**Goal :** 30 sec, each side

**Cues:** Hand/elbow under shoulder --> push floor away - Push hips forward --> straight line: foot-hip-shoulder-head / Keep shoulders and pelvis parallel (no rotation) / Maintain tight torso --> no side bend / Keep shoulders wide, neck relaxe

T2 – 3.1.7 Pull up (SV)








**Goal :** 3 reps

**Cues:** Over- or Underhandgrip shoulder wide / Pre-Activation: Slightly pull shoulder blades down and back --> wide shoulders, shoulders away from ears ! at the top: keep shoulders wide, neck relaxed ! / Slowly return. Easier: keep shoulders lowered, harder: go back to full hanging position

T2 – 3.1.8 Overhead Press - Barbell (SV)





**Goal :** 5 reps with 40-60% BW

**Cues:** Starting Position: Hands shoulder width apart, elbows slightly lifted (30°) / Keep elbows narrow when lifting the weight - Push bar up and back --> stabilize weight with extended arms / Keep shoulders wide, neck relaxed / Keep spine neutral (no hollow back) / Slowly returning to starting position




T2 : Benchmarks Level 3 - GIRLS

Barbell exercises with progressing intensity, more challenging exercises (Pistol Squat on box, Pull Up, ...)

T2 – 3.1.1 Front Squat – Barbell (SV)





**Goal :** 5 reps with 50-80% BW below parallel

**Cues:** Front Feet shoulder width apart, v-Position / Keep elbows up, fingers touch the barbell / Look straight ahead / Keep spine neutral, upper body as upright as possible / Correct leg alignment / As low as possible (with good form) --> goal: hips lower than knees

T2 – 3.1.2 Back Squat – Barbell (SV)





**Goal :** 5 reps with 50-80% BW, below parallel

**Cues:** Feet shoulder width apart, v-Position - Pull shoulder blades/arms back, fingers touch the barbell / Look straight ahead / Sit between feet - Keep spine neutral, upper body as upright as possible / Correct leg alignment / As low as possible (with good form) --> goal: hips lower than knees

T2 – 3.1.3 Deadlift Barbell (SV)







**Goal :** 5 reps with 50-80% BW

**Cues:** Slightly pull shoulder blades down and back --> wide shoulders - Bend hips, than knees / Keep core engaged, spine neutral - Always keep shoulders above barbell - Metaphor: "put on pants"

T2 – 3.1.4 Pistol Squat on box (SV)





**Goal :** 4 reps

**Cues:** Place foot straight, flat on the ground / Simultaneously bend at hip and knee joint / Maintain correct leg alignment (knee points to 2nd toe, ankle-knee-hip in line, hips parallel) / Neutral spine, upper body as upright as possible / As low as possible (with good form) / Look straight ahead

T2 – 3.1.5 Plank diagonals (SV)





**Goal :** 30 sec, each side

**Cues:** Push the floor away, keep spine neutral / Keep straight line: head&heels push apart, head in extension of the spine ("leaning against hood") / Keep hips and shoulders square (parallel) / Keep shoulders low and wide, neck relaxed

T2 – 3.1.6 Side Plank - Adductor Bridge Copenhagen TRX/Bench (SV)







**Goal :** 10 reps, each side

**Cues:** Hand/elbow under shoulder --> push floor away - Push hips forward --> straight line: foot-hip-shoulder-head / Keep shoulders and pelvis parallel (no rotation) / Maintain tight torso --> no side bend / Keep shoulders wide, neck relaxe

T2 – 3.1.7 Pull up (SV)






**Goal :** 1 rep

**Cues:** Over/Underhandgrip shoulder wide - Pre-Activation: Slightly pull shoulder blades down and back --> wide shoulders, shoulders away from ears ! at the top: keep shoulders wide, neck relaxed ! - Slowly return. Easier: keep shoulders lowered, harder: go back to full hanging position

T2 – 3.1.8 Push up (SV)





**Goal :** 6 reps

**Cues:** Hands under shoulders, fingers flat - Shoulders wide, neck relaxed - head in extension of the spine - Push the floor away --> keep neutral spine, core engaged - head and heels push apart --> always keep a straight line head-knee/foot - Slow downward motion ! lowest point: keep shoulders wide!

T2 – 3.1.9 Overhead Press - Barbell (SV)





**Goal :** 5 reps with 30-50% BW


**Cues:** Starting Position: Hands shoulder width apart, elbows slightly lifted (30°) / Keep elbows narrow when lifting the weight / Push bar up and back --> stabilize weight with extended arms / Keep shoulders wide, neck relaxed / Keep spine neutral (no hollow back) / Slowly returning to starting position | |

T3 : Benchmarks Level 4 - Ready T4 - BOYS

Barbell exercises with higher intensities, Olympic lifts (technique, progressing weights), Pistol Squat, Pull up

T3 – 4.1.1. Front Squat – Barbell (SV)





**Goal :** 3 reps with 80-140% BW, below parallel

**Cues:** Feet shoulder width apart, v-Position - Keep elbows up, fingers touch the barbell - Look straight ahead / Keep spine neutral, upper body as upright as possible / Correct leg alignment / As low as possible (with good form) --> goal: hips lower than knees

T3 – 4.1.2 Back Squat – Barbell (SV)





**Goal :** 3 reps with 100-140% BW, below parallel

**Cues:** Feet shoulder width apart, v-Position / Pull shoulder blades/arms back, fingers touch the barbell / Look straight ahead / Sit between feet / Keep spine neutral, upper body as upright as possible / Correct leg alignment / As low as possible (with good form) --> goal: hips lower than knees

T3 – 4.1.3 Deadlift - Barbell (SV)







**Goal :** 3 reps with 120-160% BW

**Cues:** Slightly pull shoulder blades down and back --> wide shoulders / Bend hips, than knees / Keep core engaged, spine neutral / Always keep shoulders above barbell / Metaphor: "put on pants"

T3 – 4.1.4 Romanian Deadlift – 1 Leg Barbell (SV)





**Goal :** 5 reps with 40% BW

**Cues:** Correct leg alignment (foot straight, knee points to 2nd toe, hips always parallel) - Bend at hip joint - Keep straight line head-heel --> heel and crown of the head push apart, lean head against "hood", keep shoulders wide - Come up by activating your hamstring muscles

T3 – 4.1.5 Pistol Squat (SV)





**Goal :** 5 reps

**Cues:** Place foot straight, flat on the ground / Maintain correct leg alignment (knee points to 2nd toe, ankle-knee-hip in line, hips parallel) / Neutral spine, upper body as upright as possible / As low as possible (with good form) / Look straight ahead

T3 – 4.1.6 Quadruped Knees off the Mat - Opposites (same side) (SV)






**Goal :** 6 reps, each side

**Cues:** Keep knees lifted / Keep spine neutral - Keep shoulders and pelvis square - extend arm and leg <--> touch knee / Always same arm/leg


T3 – 4.1.7 Side Plank (lateral) – Leg up Swiss Ball (SV)




**Goal :** 30 sec

**Cues:** Elbow under shoulder --> push body away / Push hips forward --> Keep a straight line: feet-hip-shoulder-head / Keep shoulders and pelvis parallel (no rotation) / Keep shoulders low and wide, neck relaxed

T3 – 4.1.8 Pull up (SV)








**Goal :** 5 reps

**Cues:** Over/Underhandgrip shoulder wide / Pre-Activation: Slightly pull shoulder blades down and back --> wide shoulders, shoulders away from ears! at the top: keep shoulders wide, neck relaxed! - Slowly return. Easier: keep shoulders lowered, harder: go back to full hanging position

T3 – 4.1.9 Overhead Press – Barbell (SV)








**Goal :** 3 reps 50-80% BW

**Cues:** Starting Position: Hands shoulder width apart, elbows slightly lifted (30°) / Keep elbows narrow when lifting the weight / Push bar up and back --> stabilize weight with extended arms / Keep shoulders wide, neck relaxed / Keep spine neutral (no hollow back) / Slowly returning to starting position

T3 – 4.1.10 Hang Power Clean - Barbell (SV)








**Goal :** 3 reps with 70-100% BW

**Cues:** Starting Position: Feet hip width, shoulders over bar, bar above knees, tension between shoulder blades, core engaged Extension: - Explosive: 1Hip 2Knee 3Ankle 4Shoulders > Elbows sideways up / Bar close to body Catch: - Quick turning in elbows / Catch as high as possible / Upper body upright

T3 – 4.1.11 Hang Power Snatch – Barbell (SV)







**Goal :** 3 reps with 60-90% BW

**Cues:** Starting Position: - Feet hip width, shoulders over bar, bar above knees, tension between shoulder blades, core engaged Extension: / Explosive: 1Hip 2Knee 3Ankle 4Shoulders > Elbows sideways up / Bar close to body Catch: / Arms = Overhead Squat / Catch as high as possible / Upper body upright

T3 – 4.1.12 Push Jerk to Split – Barbell (SV)





**Goal :** 3 reps with 60-90% BW

**Cues:** Keep upper body upright when bouncing / Catch bar as high as possible --> Arms straight - Split Stance: about 3 feet distance, feet shoulder width apart / 1. front foot back, 2. back foot back to close feet --> switch feet between reps / sets



T3 : Benchmarks Level 4 - Ready T4 - GIRLS

Barbell exercises with higher intensities, Olympic lifts (technique, progressing weights), Pistol Squat, Pull up

T3 – 4.1.1. Front Squat – Barbell (SV)





**Goal :** 3 reps with 65-110% BW, below parallel

**Cues:** Feet shoulder width apart, v-Position - Keep elbows up, fingers touch the barbell - Look straight ahead / Keep spine neutral, upper body as upright as possible / Correct leg alignment / As low as possible (with good form) --> goal: hips lower than knees

T3 – 4.1.2 Back Squat – Barbell (SV)





**Goal :** 3 reps with 80-110% BW, below parallel

**Cues:** Feet shoulder width apart, v-Position / Pull shoulder blades/arms back, fingers touch the barbell / Look straight ahead / Sit between feet / Keep spine neutral, upper body as upright as possible / Correct leg alignment / As low as possible (with good form) --> goal: hips lower than knees

T3 – 4.1.3 Deadlift - Barbell (SV)





**Goal :** 3 reps with 100-140% BW

**Cues:** Slightly pull shoulder blades down and back --> wide shoulders / Bend hips, than knees / Keep core engaged, spine neutral / Always keep shoulders above barbell / Metaphor: "put on pants"

T3 – 4.1.4 Romanian Deadlift – 1 Leg Barbell (SV)








**Goal :** 5 reps with 40% BW

**Cues:** Correct leg alignment (foot straight, knee points to 2nd toe, hips always parallel) - Bend at hip joint - Keep straight line head-heel --> heel and crown of the head push apart, lean head against "hood", keep shoulders wide - Come up by activating your hamstring muscles

T3 – 4.1.5 Pistol Squat (SV)





**Goal :** 4 reps

**Cues:** Place foot straight, flat on the ground / Maintain correct leg alignment (knee points to 2nd toe, ankle-knee-hip in line, hips parallel) / Neutral spine, upper body as upright as possible / As low as possible (with good form) / Look straight ahead

T3 – 4.1.6 Quadruped Knees off the Mat - Opposites (same side) (SV)






**Goal :** 6 reps each side

**Cues:** Keep knees lifted / Keep spine neutral - Keep shoulders and pelvis square - extend arm and leg <--> touch knee / Always same arm/leg


T3 – 4.1.7 Side Plank (lateral) – Leg up Swiss Ball (SV)




**Goal :** 30 sec

**Cues:** Elbow under shoulder --> push body away / Push hips forward --> Keep a straight line: feet-hip-shoulder-head / Keep shoulders and pelvis parallel (no rotation) / Keep shoulders low and wide, neck relaxed

T3 – 4.1.8 Pull up (SV)





**Goal :** 3 reps

**Cues:** Over/Underhandgrip shoulder wide / Pre-Activation: Slightly pull shoulder blades down and back --> wide shoulders, shoulders away from ears! at the top: keep shoulders wide, neck relaxed! - Slowly return. Easier: keep shoulders lowered, harder: go back to full hanging position

T3 – 4.1.9 Overhead Press - Barbell (SV)








**Goal :** 3 reps with 35% BW

**Cues:** Starting Position: Hands shoulder width apart, elbows slightly lifted (30°) / Keep elbows narrow when lifting the weight / Push bar up and back --> stabilize weight with extended arms / Keep shoulders wide, neck relaxed / Keep spine neutral (no hollow back) / Slowly returning to starting position

T3 – 4.1.10 Hang Power Clean - Barbell (SV)








**Goal :** 3 reps with 60-90% BW

**Cues:** Starting Position: Feet hip width, shoulders over bar, bar above knees, tension between shoulder blades, core engaged Extension: - Explosive: 1Hip 2Knee 3Ankle 4Shoulders > Elbows sideways up / Bar close to body Catch: - Quick turning in elbows / Catch as high as possible / Upper body upright

T3 – 4.1.11 Hang Power Snatch – Barbell (SV)





**Goal :** 3 reps with 45-80% BW

**Cues:** Starting Position: - Feet hip width, shoulders over bar, bar above knees, tension between shoulder blades, core engaged Extension: / Explosive: 1Hip 2Knee 3Ankle 4Shoulders > Elbows sideways up / Bar close to body Catch: / Arms = Overhead Squat / Catch as high as possible / Upper body upright

T3 – 4.1.12 Push Jerk to Split – Barbell (SV)






**Goal :** 3 reps with 45-80% BW

**Cues:** Keep upper body upright when bouncing / Catch bar as high as possible --> Arms straight - Split Stance: about 3 feet distance, feet shoulder width apart / 1. front foot back, 2. back foot back to close feet --> switch feet between reps / sets

T4 : Benchmarks Level 5 - Ready E - **BOYS**








Barbell exercises with higher intensities, Olympic lifts (technique, progressing weights), Pistol Squat, Pull up

<div><div>T4 – 5.1.1. Front Squat – Barbell (SV)</div><div><div><div><div><div>Goal : 3 reps with 115-180% BW, below parallel</div><div>Cues: Feet shoulder width apart, v-Position - Keep elbows up, fingers touch the barbell - Look straight ahead / Keep spine neutral, upper body as upright as possible / Correct leg alignment / As low as possible (with good form) --&gt; goal: hips lower than knees</div></div></div></div></div></div>	<div><div>T4 – 5.1.2 Back Squat – Barbell (SV)</div><div><div><div><div><div>Goal : 3 reps with 140-180%, below parallel</div><div>Cues: Feet shoulder width apart, v-Position / Pull shoulder blades/arms back, fingers touch the barbell / Look straight ahead / Sit between feet / Keep spine neutral, upper body as upright as possible / Correct leg alignment / As low as possible (with good form) --&gt; goal: hips lower than knees</div></div></div></div></div></div>
<div><div>T4 – 5.1.3 Deadlift - Barbell (SV)</div><div><div><div><div><div>Goal : 3 reps with 170-200% BW</div><div>Cues: Slightly pull shoulder blades down and back --&gt; wide shoulders / Bend hips, than knees / Keep core engaged, spine neutral / Always keep shoulders above barbell / Metaphor: "put on pants"</div></div></div></div></div></div>	<div><div>T4 – 5.1.4 Plank walk 90 hold arm lift (SV)</div><div><div><div><div><div>Goal : Hold position chest 20cm above floor + alternating arm lift for 30 sec</div><div>Cues: Keep core engaged / Shoulders wide, neck relaxed / Head in extension of the spine ("leaning against hood") / head and heels push apart --&gt; straight line - Pull hands and feet towards each other</div></div></div></div></div></div>
<div><div>T4 – 5.1.5 Pull up (SV)</div><div><div><div><div><div>Goal : 5 reps with +10% of your BW</div><div>Cues: Over/Underhandgrip shoulder wide / Pre-Activation: Slightly pull shoulder blades down and back --&gt; wide shoulders, shoulders away from ears ! at the top: keep shoulders wide, neck relaxed! / Slowly return. Easier: keep shoulders lower hanging position d, harder: go back to full</div></div></div></div></div></div>	<div><div>T4 – 5.1.6 Overhead Press – Barbell (SV)</div><div><div><div><div><div>Goal : 3 reps with 70-90% BW</div><div>Cues: Starting Position: Hands shoulder width apart, elbows slightly lifted (30°) / Keep elbows narrow when lifting the weight / Push bar up and back --&gt; stabilize weight with extended arms / Keep shoulders wide, neck relaxed / Keep spine neutral (no hollow back) / Slowly returning to starting position</div></div></div></div></div></div>
<div><div>T4 – 5.1.7 Hang Power Clean – Barbell (SV)</div><div><div><div><div><div>Goal : 3 reps with 100-140% BW</div><div>Cues: Starting Position: - Feet hip width, shoulders over bar, bar above knees, tension between shoulder blades, core engaged Extension: - Explosive: 1Hip 2Knee 3Ankle 4Shoulders &gt; Elbows sideways up / Bar close to body / Catch: - Quick turning in elbows - Catch as high as possible / Upper body upright</div></div></div></div></div></div>	<div><div>T4 – 5.1.8 Hang Power Snatch – Barbell (SV)</div><div><div><div><div><div>Goal : 3 reps with 80-110% BW</div><div>Cues: Starting Position: - Feet hip width, shoulders over bar, bar above knees, tension between shoulder blades, core engaged Extension: - Explosive: 1Hip 2Knee 3Ankle 4Shoulders &gt; Elbows sideways up - Bar close to body Catch: - Arms = Overhead Squat - Catch as high as possible - Upper body upright</div></div></div></div></div></div>
<div><div>T4 – 5.1.9 Push Jerk to Split – Barbell (SV)</div><div><div><div><div><div>Goal : 3 reps with 80-100% BW</div><div>Cues: Keep upper body upright when bouncing - Catch bar as high as possible --&gt; Arms straight - Split Stance: about 3 feet distance, feet shoulder width apart - 1. front foot back, 2. back foot back to close feet --&gt; switch feet between reps / sets</div></div></div></div></div></div>	



T4 : Benchmarks Level 5 - Ready E - GIRLS

Barbell exercises with higher intensities, Olympic lifts (technique, progressing weights), Pistol Squat, Pull up

<div>T4 – 5.1.1. Front Squat – Barbell (SV)</div> <div></div> <div><div></div><div><b>Goal : 3 reps with 100-160% BW, below parallel</b> <b>Cues:</b> Feet shoulder width apart, v-Position - Keep elbows up, fingers touch the barbell - Look straight ahead / Keep spine neutral, upper body as upright as possible / Correct leg alignment / As low as possible (with good form) --&gt; goal: hips lower than knees</div></div>	<div>T4 – 5.1.2 Back Squat – Barbell (SV)</div> <div></div> <div><div></div><div><b>Goal : 3 reps with 120-160% BW, below parallel</b> <b>Cues:</b> Feet shoulder width apart, v-Position / Pull shoulder blades/arms back, fingers touch the barbell / Look straight ahead / Sit between feet / Keep spine neutral, upper body as upright as possible / Correct leg alignment / As low as possible (with good form) --&gt; goal: hips lower than knees</div></div>
<div>T4 – 5.1.3 Deadlift - Barbell (SV)</div> <div></div> <div><div></div><div><b>Goal : 3 reps with 140-160% BW</b> <b>Cues:</b> Slightly pull shoulder blades down and back --&gt; wide shoulders / Bend hips, than knees / Keep core engaged, spine neutral / Always keep shoulders above barbell / Metaphor: "put on pants"</div></div>	<div>T4 – 5.1.4 Plank walk out arm lift (SV)</div> <div></div> <div><div></div><div><b>Goal : Hold position chest 20cm above floor + alternating arm lift for 30sec</b> <b>Cues:</b> Keep core engaged / Shoulders wide, neck relaxed / Head in extension of the spine ("leaning against hood") / head and heels push apart --&gt; straight line - Pull hands and feet towards each other</div></div>
<div>T4 – 5.1.5 Pull up (SV)</div> <div></div> <div><div></div><div><b>Goal : 5 reps</b> <b>Cues:</b> Over/Underhandgrip shoulder wide / Pre-Activation: Slightly pull shoulder blades down and back --&gt; wide shoulders, shoulders away from ears! / At the top: keep shoulders wide, neck relaxed! / Slowly return. Easier: keep shoulders lowered, harder: go back to full hanging position</div></div>	<div>T4 – 5.1.6 Overhead Press – Barbell (SV)</div> <div></div> <div><div></div><div><b>Goal : 3 reps with 40-70% BW</b> <b>Cues:</b> Starting Position: Hands shoulder width apart, elbows slightly lifted (30°) / Keep elbows narrow when lifting the weight - Push bar up and back --&gt; stabilize weight with extended arms / Keep shoulders wide, neck relaxed / Keep spine neutral (no hollow back) / Slowly returning to starting position</div></div>
<div>T4 – 5.1.7 Hang Power Clean – Barbell (SV)</div> <div></div> <div><div></div><div><b>Goal : 3 reps with 80-110% BW</b> <b>Cues:</b> Starting Position: - Feet hip width, shoulders over bar, bar above knees, tension between shoulder blades, core engaged Extension: - Explosive: 1Hip 2Knee 3Ankle 4Shoulders &gt; Elbows sideways up / Bar close to body / Catch: Quick turning in elbows / Catch as high as possible / Upper body upright</div></div>	<div>T4 – 5.1.8 Hang Power Snatch – Barbell (SV)</div> <div></div> <div><div></div><div><b>Goal : 3 reps with 70-90% BW</b> <b>Cues:</b> Starting Position: Feet hip width, shoulders over bar, bar above knees, tension between shoulder blades, core engaged / Extension: Explosive: 1Hip 2Knee 3Ankle 4Shoulders &gt; Elbows sideways up / Bar close to body / Catch: Arms = Overhead Squat / Catch as high as possible / Upper body upright</div></div>
<div>T4 – 5.1.9 Push Jerk to Split – Barbell (SV)</div> <div></div> <div><div></div><div><b>Goal : 3 reps with 70-90% BW</b> <b>Cues:</b> Keep upper body upright when bouncing / Catch bar as high as possible --&gt; Arms straight / Split Stance: about 3 feet distance, feet shoulder width apart / 1. front foot back, 2. back foot back to close feet --&gt; switch feet between reps/sets</div></div>	