

Swiss Volley - Athletic Development Program (ADP)

SV Benchmark Exercises T2-T4

From Power to Win to the Athletic Development Program

The ADP is closely aligned with the Power to Win project, the Swiss guideline for neuromuscular performance. It picks up roughly where the F3 content of P2W («Ready to play») ends. It is particularly important for trainers working with T2-athletes (according the FTEM Levelsystem) to be familiar with the content of this related area.

The P2W modules “Ready to develop” and “Ready to Adapt” provide important background information on the framework conditions for the transition and add your work in BM Level 1 and 2.

Power to Win – Online Contents, important to know



Ready to play



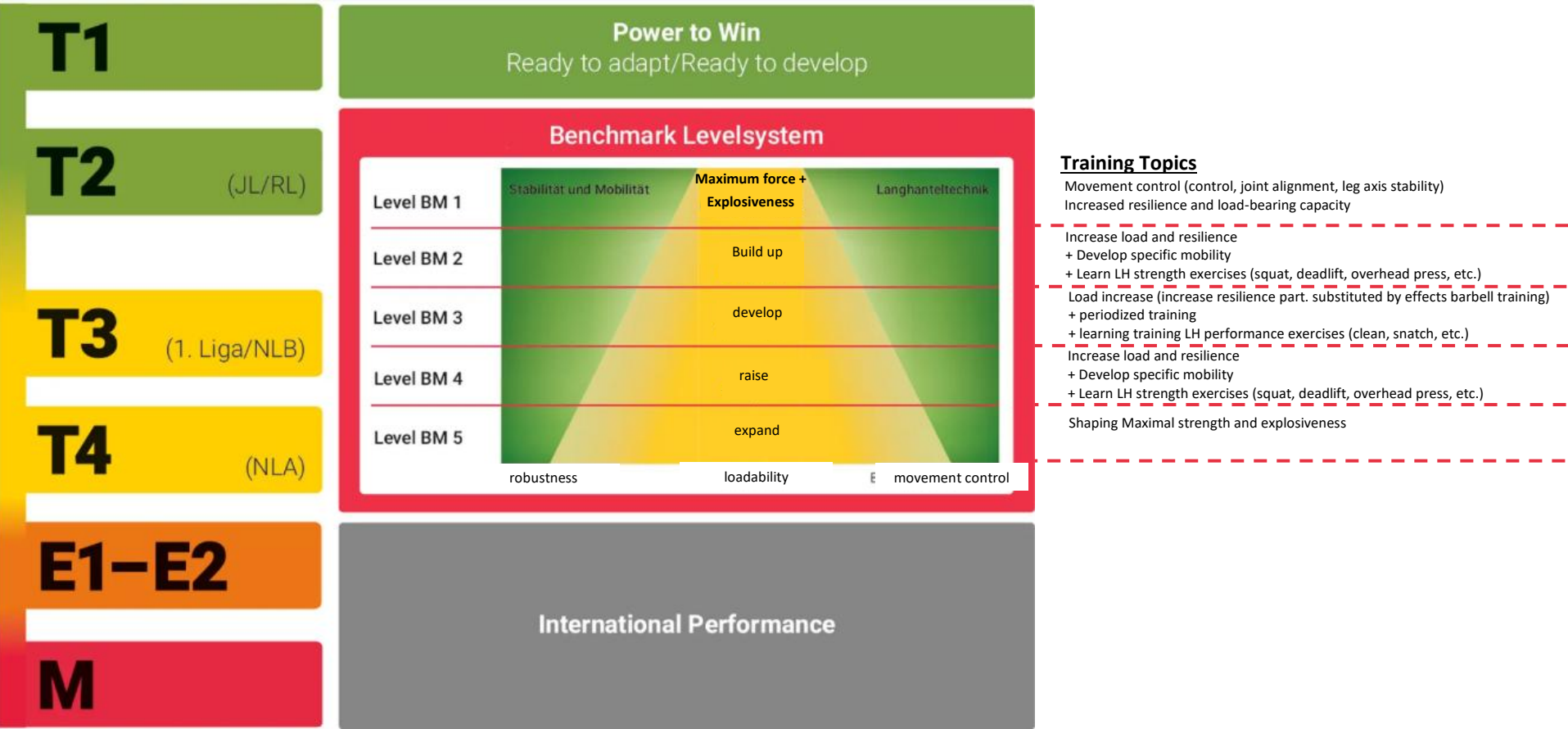
Ready to develop



Ready to develop

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 SV ADP'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 goals of the benchmark exercises.



How is the categorization 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?

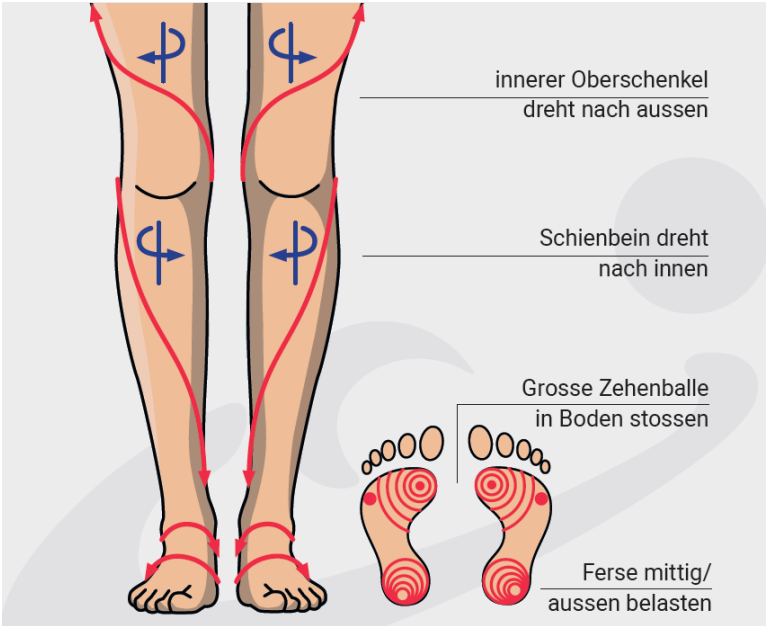

Once the required benchmarks have been achieved, a player can move to the next level. The aim is to achieve at least 80% of the benchmarks before a change is made. The open points are reworked.

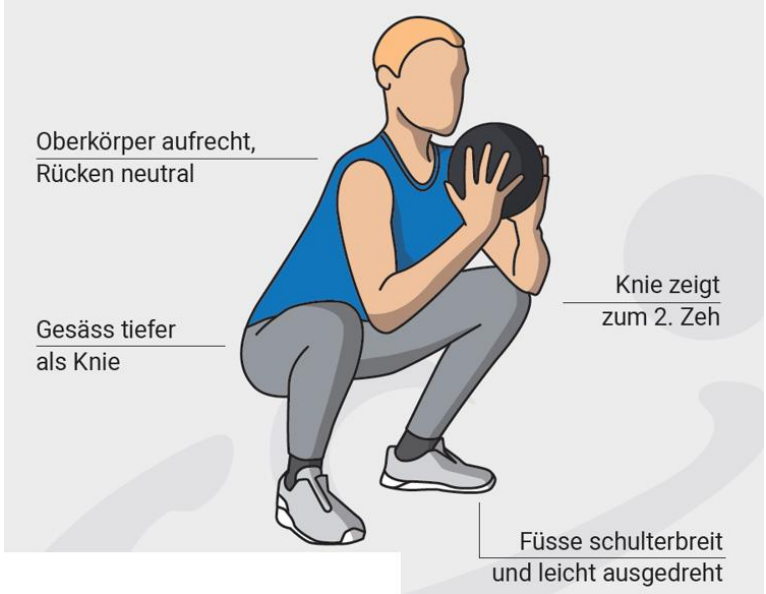
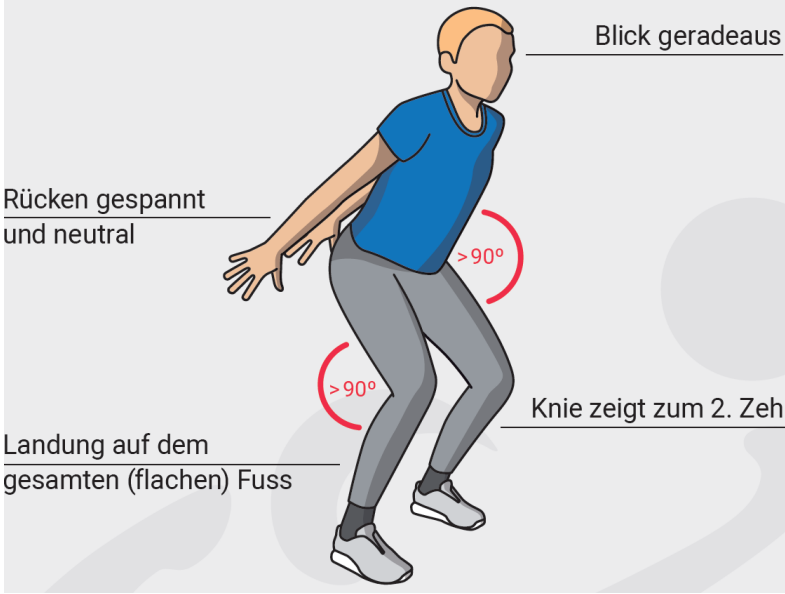
Overview table

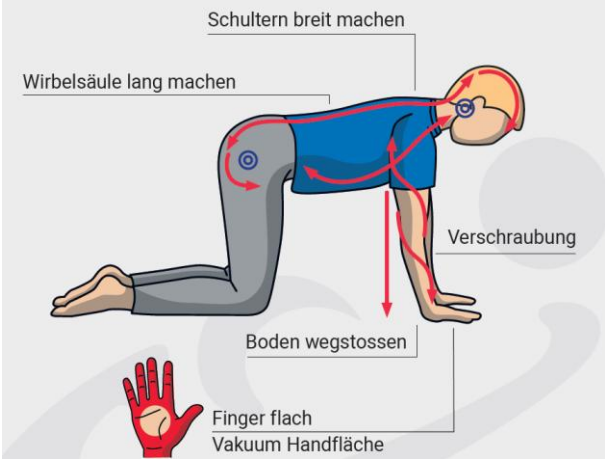

ADP					
Benchmark-Level	BM-Level 1	BM-Level 2	BM-Level 3	BM-Level 4	BM-Level 5
Ziel	Bewegungskontrolle	+ Technik lernen Langhantel-Kraftübungen	+ Steigerung von Lasten und Übungskomplexität	+ Langhantel Explosivitäts- übungen aufbauen	+ Intensitätssteigerung bis zum Ziel-Level
Arbeitsdauer (Orientierung)	0.5–1 Jahre	1–2 Jahre	0.5–1 Jahre	2–4 Jahre	2–4 Jahre
Benchmark-Übungen	1.1 Plank 1.2 Row TRX 1.3 Goblet Squat 1.4 Bulgarian Split Squat 1.5 Glute Bridge, 1 Leg 1.6 Push up excentric 1.7 Side Plank lateral 1.8 Romanian Deadlift, 1 Leg 1.9 Reverse Lunge 1.10 Squat 90 degree, 1 Leg 1.11 Drop Squat, 1 Leg 1.12 Reverse Plank	2.1 Front Squat 2.2 Kettlebell Swing 2.3 Overhead Press 2.4 Deadlift 2.5 Overhead Heave backwards 2.6 Pull up, assisted 2.7 Side plank, Leg abduction 2.8 Back Squat 2.9 Snatch One Arm 2.10 Overhead Squat 2.11 Pistol Squat, TRX 2.12 Reverse Plank Leg Lift 2.13 Push up	3.1 Front Squat 3.2 Back Squat 3.3 Deadlift 3.4 Planks diagonals 3.5 Overhead Press 3.6 Pistol Squat on Box 3.7 Pull up 3.8 Push up 3.9 Side Plank Copenhagen	4.1 Front Squat 4.2 Back Squat 4.3 Deadlift 4.4 Overhead Press 4.5 Romanian Deadlift, 1 Leg, Barbell 4.6 Pistol Squat on Box 4.7 Pull up 4.8 Hang Power Clean 4.9 Hang Power Snatch 4.10 Push Jerk to Split 4.11 Quadruped Knees Off the Mat, Opposites 4.12 Side Plank Leg up on Swissball	5.1 Front Squat 5.2 Back Squat 5.3 Deadlift 5.4 Overhead Press 5.5 Pull up 5.6 Plank walk out hold arm lift 5.7 Hang Power Clean 5.8 Hang Power Snatch 5.9 Push Jerk to Split
Anzahl Übungen	12 Übungen	13 Übungen	8–9 Übungen	12 Übungen	9 Übungen

The joint organization : Guideline of a correct general movement control

Knowing the correct joint alignment and body control in theory and practice is essential!


<div>Leg axis organization</div> <div><p>innerer Oberschenkel dreht nach aussen</p><p>Schienbein dreht nach innen</p><p>Grosse Zehenballe in Boden stossen</p><p>Ferse mittig/ aussen belasten</p></div>	<div>Joint alignment of the leg axis (knee)</div> <div><p>Fuss-, Knie- und Hüftgelenk in einer Linie</p><p>innerer Oberschenkel dreht nach aussen</p><p>Knie zeigt zum 2. Zeh</p><p>Fuss gerade</p></div>
<p>The knees must never fall inwards, as this quickly leads to overloading of the joint structure: the knees should therefore always point in the direction of the second toe or slightly outwards. A stable stance during the squat or landing is achieved on the whole foot in every part of the movement.</p>	


<div>Squat depth</div> <div><p>Oberkörper aufrecht, Rücken neutral</p><p>Gesäss tiefer als Knie</p><p>Knie zeigt zum 2. Zeh</p><p>Füsse schulterbreit und leicht ausgedreht</p></div> <div><ul style="list-style-type: none">During a squat, the buttocks should always be lowered lower than the top of the knee. A deep squat performed in this way is definitely not harmful (on the contrary).This is precisely how the 90° knee angle position is overcome, where the greatest shear forces and contact pressure act on the kneecapThe lower the knee bend, the greater the proportion of gluteal and quadriceps muscles. Above 90 degrees, almost only the hamstrings are at work.</div>	<div>Jumping and landing position</div> <div><p>Blick geradeaus</p><p>Rücken gespannt und neutral</p><p>>90°</p><p>>90°</p><p>Knie zeigt zum 2. Zeh</p><p>Landung auf dem gesamten (flachen) Fuss</p></div> <div><p>When landing, pretension in the torso (abdomen and back) and in the feet is important.</p><p>The over-90-degree angle position of the knees and upper body in relation to the thighs is a practical control aid: the upper body/back often yields too much and the legs too little.</p></div>
<p>The pelvis should not be rolled under additional load (so-called butt angle). If, in order to mobilize to a low position during exercises without load, the back briefly rolls in a little, the risk can be considered low and the benefits of improving mobility outweigh the risks. Equipment that facilitates the upright position, such as wall bars or kettlebells, has been proven by dozens of studies to support the above facts.</p>	

<div>Shoulder girdle organization</div> <div><p>Schultern breit machen</p><p>Wirbelsäule lang machen</p><p>Verschraubung</p><p>Boden wegstossen</p><p>Finger flach</p><p>Vakuum Handfläche</p></div>	<div>Shoulder joint position during standing exercises</div> <div><p>Grundbewegung:</p><ul style="list-style-type: none">Schultern hochziehennach hinten ziehennach hinten-unten führen und in dieser Position verankernKopf bleibt in Verlängerung der Wirbelsäule</div>
<p>When performing exercises such as push ups, ensure that the arms are locked and that the hands are positioned correctly under the shoulders. The shoulders should always hang down towards the feet and be positioned backwards in the direction of the back. The spine should always be lengthened (pelvis forward, shoulders back).</p>	<p>The position of the shoulders is important for exercises where, for example, a barbell has to be lifted.</p> <p>Note that when positioned correctly, the shoulders are behind an imaginary vertical line of the ears.</p>

Exercises SV Training Program 1.1


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


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

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!

Exercises SV Training Program 1.2

1.6 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!

1.8 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

Exercises SV Training Program 1.3


1.10 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

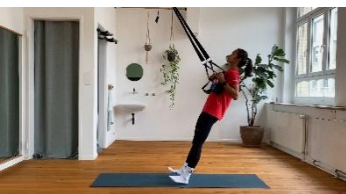
1.12 Reverse Plank (SV)






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

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


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

1.7 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


1.9 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

1.11 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"

Benchmarks Level 2

T2

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

T2 - 2.1. 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



deutsch



en français



in italiano



T2 - 2.2 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 - 2.3 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 - 2.4 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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en français



in italiano



T2 - 2.5 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 - 2.6 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 - 2.7 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 - 2.8 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 - 2.9 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 - 2.10 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 - 2.11 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 - 2.12 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 - 2.13 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

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

<div>T2 – 3.1 Front Squat – Barbell (SV)</div> <div></div> <div><p>Goal : 5 reps with 60-90% BW, below parallel</p><p>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</p></div>	<div>T2 – 3.2 Back Squat – Barbell (SV)</div> <div></div> <div><p>Goal : 5 reps with 60-90%- BW, below parallel</p><p>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</p></div>
<div>T2 – 3.3 Deadlift Barbell (SV)</div> <div></div> <div><p>Goal : 5 reps with 60-90% BW</p><p>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"</p></div>	<div>T2 – 3.4 Pistol Squat on box (SV)</div> <div></div> <div><p>Goal : 4 reps</p><p>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</p></div>
<div>T2 – 3.5 Plank diagonals (SV)</div> <div></div> <div><p>Goal : 30 sec, each side</p><p>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</p></div>	<div>T2 – 3.6 Side Plank - Adductor Bridge Copenhagen TRX/Bench (SV)</div> <div></div> <div><p>Goal : 30 sec, each side</p><p>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 relaxe</p></div>
<div>T2 – 3.7 Pull up (SV)</div> <div></div> <div><p>Goal : 3 reps</p><p>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</p></div>	<div>T2 – 3.8 Overhead Press - Barbell (SV)</div> <div></div> <div><p>Goal : 5 reps with 40-60% BW</p><p>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</p></div>

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

T2 – 3.1 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 – 3.2 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 – 3.3 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 – 3.4 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 – 3.5 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 – 3.6 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 – 3.7 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 – 3.8 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 – 3.9 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 | |

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

<div><div>T3 – 4.1. Front Squat – Barbell (SV)</div><div></div></div>	<div><div></div><div><div>Goal : 3 reps with 80-140% 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) --> goal: hips lower than knees</div></div></div>
<div><div>T3 – 4.2 Back Squat – Barbell (SV)</div><div></div></div>	<div><div></div><div><div>Goal : 3 reps with 100-140% BW, 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) --> goal: hips lower than knees</div></div></div>
<div><div>T3 – 4.3 Deadlift - Barbell (SV)</div><div></div></div>	<div><div></div><div><div>Goal : 3 reps with 120-160% BW</div><div>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"</div></div></div>
<div><div>T3 – 4.4 Romanian Deadlift – 1 Leg Barbell (SV)</div><div></div></div>	<div><div></div><div><div>Goal : 5 reps with 40% BW</div><div>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</div></div></div>
<div><div>T3 – 4.5 Pistol Squat (SV)</div><div></div></div>	<div><div></div><div><div>Goal : 5 reps</div><div>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</div></div></div>
<div><div>T3 – 4.6 Quadruped Knees off the Mat - Opposites (same side) (SV)</div><div></div></div>	<div><div></div><div><div>Goal : 6 reps, each side</div><div>Cues: Keep knees lifted / Keep spine neutral - Keep shoulders and pelvis square - extend arm and leg <--> touch knee / Always same arm/leg</div></div></div>
<div><div>T3 – 4.7 Side Plank (lateral) – Leg up Swiss Ball (SV)</div><div></div></div>	<div><div></div><div><div>Goal : 30 sec</div><div>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</div></div></div>
<div><div>T3 – 4.8 Pull up (SV)</div><div></div></div>	<div><div></div><div><div>Goal : 5 reps</div><div>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</div></div></div>
<div><div>T3 – 4.9 Overhead Press – Barbell (SV)</div><div></div></div>	<div><div></div><div><div>Goal : 3 reps 50-80% 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 --> 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>T3 – 4.10 Hang Power Clean - Barbell (SV)</div><div></div></div>	<div><div></div><div><div>Goal : 3 reps with 70-100% 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 > 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>T3 – 4.11 Hang Power Snatch – Barbell (SV)</div><div></div></div>	<div><div></div><div><div>Goal : 3 reps with 60-90% 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 > Elbows sideways up / Bar close to body Catch: / Arms = Overhead Squat / Catch as high as possible / Upper body upright</div></div></div>
<div><div>T3 – 4.12 Push Jerk to Split – Barbell (SV)</div><div></div></div>	<div><div></div><div><div>Goal : 3 reps with 60-90% BW</div><div>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</div></div></div>

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

T3 – 4.1. 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 – 4.2 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 – 4.3 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 – 4.4 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 – 4.5 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 – 4.6 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 – 4.7 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 – 4.8 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 – 4.9 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 – 4.10 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 – 4.11 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 – 4.12 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

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

T4 – 5.1. Front Squat – Barbell (SV)



Goal : 3 reps with 115-180% 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

T4 – 5.2 Back Squat – Barbell (SV)



Goal : 3 reps with 140-180%, 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

T4 – 5.3 Deadlift - Barbell (SV)



Goal : 3 reps with 170-200% 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"

T4 – 5.4 Plank walk 90 hold arm lift (SV)



Goal : Hold position chest 20cm above floor + alternating arm lift for 30 sec

Cues: Keep core engaged / Shoulders wide, neck relaxed / Head in extension of the spine ("leaning against hood") / head and heels push apart --> straight line - Pull hands and feet towards each other

T4 – 5.5 Pull up (SV)



Goal : 5 reps with +10% of your BW

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 lower hanging position d, harder: go back to full

T4 – 5.6 Overhead Press – Barbell (SV)



Goal : 3 reps with 70-90% 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

T4 – 5.7 Hang Power Clean – Barbell (SV)



Goal : 3 reps with 100-140% 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

T4 – 5.8 Hang Power Snatch – Barbell (SV)



Goal : 3 reps with 80-110% 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

T4 – 5.9 Push Jerk to Split – Barbell (SV)




Goal : 3 reps with 80-100% 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

Benchmarks Level 5 - GIRLS

T4

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

<div>T4 – 5.1. Front Squat – Barbell (SV)</div> <div><div><div><div>Goal : 3 reps with 100-160% 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</div></div></div></div>	<div>T4 – 5.2 Back Squat – Barbell (SV)</div> <div><div><div><div>Goal : 3 reps with 120-160% 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</div></div></div></div>
<div>T4 – 5.3 Deadlift - Barbell (SV)</div> <div><div><div><div>Goal : 3 reps with 140-160% 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"</div></div></div></div>	<div>T4 – 5.4 Plank walk out arm lift (SV)</div> <div><div><div><div>Goal : Hold position chest 20cm above floor + alternating arm lift for 30sec Cues: Keep core engaged / Shoulders wide, neck relaxed / Head in extension of the spine ("leaning against hood") / head and heels push apart --> straight line - Pull hands and feet towards each other</div></div></div></div>
<div>T4 – 5.5 Pull up (SV)</div> <div><div><div><div>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</div></div></div></div>	<div>T4 – 5.6 Overhead Press – Barbell (SV)</div> <div><div><div><div>Goal : 3 reps with 40-70% 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</div></div></div></div>
<div>T4 – 5.7 Hang Power Clean – Barbell (SV)</div> <div><div><div><div>Goal : 3 reps with 80-110% 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</div></div></div></div>	<div>T4 – 5.8 Hang Power Snatch – Barbell (SV)</div> <div><div><div><div>Goal : 3 reps with 70-90% 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</div></div></div></div>
<div>T4 – 5.9 Push Jerk to Split – Barbell (SV)</div> <div><div><div><div>Goal : 3 reps with 70-90% 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</div></div></div></div>	

Swiss Volley, 2025