

University of Bristol exercise menu

Stength									Power		Trunk / core	
Lower body				Upper body				Strength speed	Speed strength			
Double leg knee	Double leg hip	Single leg static	Single leg dynamic	Vertical push	Vertical pull	Horizontal push	Horizontal pull					
Primary Lift must stay the same over the whole year											Hold	
Primary	Back squat	Deadlift	Split squat	Step-up	Military press	Pull-up	Bench press	Bench pull	Clean & derivatives	Loaded CMJ		Plank variations
	Front Squat	RDL	Bulgarian split squat		Seated shoulder press	Chin-up	Dumbbell Bench press	Bent over row	Loaded squat jump	Single leg jumps		Trunk hold
	Hex bar squat	Hip thrust			Single arm dumbbell press		Press-up		Sled	Sled	Dish hold	
Accessory lifts can change every block/4 weeks											Resist	
Accessory	Overhead squat		Single leg hip thrust	Single leg RDL	Single arm Landmine press	Lat-pull down	Single arm dumbbell bench	Prone row				Ab wheel roll-out
	Box squat		Lateral squat	Lunge variations	Single arm kneeling press	Single arm lat-pull down		Single arm dumbbell row				Plank drag
				Lateral lunge	Seated dumbbell press			Standing cable row				Shoulder taps
								Supine row				Pallof press
Only select as an alternative if injured											Move	
Injured alternative	Leg press	Nordic curl	Single leg squat		Work on uninjured limbs	Work on uninjured limbs	Work on uninjured limbs	Work on uninjured limbs	Banded exercises	Kettlebell swing		Cable chop
	Hex bar squat	Glute ham raise	Single leg hamstring bridge									Med ball side toss
		Hamstring bridge	Single leg leg press								Med ball shot put	