

PLIP CHALLENGES

	UNIT	TOPIC	LEVEL / SUBLEVEL	PLIP CHALLENGES		
				<i>i</i>	<i>ii</i>	<i>iii</i>
FOUNDATION	<i>i</i>	SYSTEM STABILITY Trunk Control, Pelvic Control, Scapular Control and Glut Activation	A	Golden Armor ♦		No Trunk Lean During Single Leg Squat Depth 3
			B	60s Plank & Side Bridge 45s	Plank & Side Bridge - Level II	Trunk Control During Hops ♦
			C	10 Glut Activation I' (Optional)	10 Glut Activation III' (Optional)	TRX Reverse Challenge
			D			
	<i>ii</i>	Hip Strategy / Knee Control	A	Hip Hinge ♦	Airplane / Tea-Cup Spiderman / Triangle Pose	Kettle Bell Swing x 30
			B	Downward Dog Lunge Hip Flexor	Fold & Lift 90 90 Heel Raise CARS	Transitions Middle Split NS CARS II
			C	Front Squat 4 / Goblet Squat	Drop Squat Depth 4	Drop Squat Depth 5
			D	Lunge / Step-Up	Single Leg Squat Depth 2 for 10 reps	Single Leg Squat Depth 3 for 15 reps
	<i>iii</i>	STH Control and Upper Body Strength	A	Wall Diamond	Overhead Squat Depth 4 x 5r eps ♦	
			B	Carry Series	Wind Mill x3r / arm	Turkish Get-up x 3 reps u
			C	Inverted Row (@FITS STD)		Pull-Up x 1 Female Pull-up x 3 Male
			D	Modified Push-up		Push-up x 10 Female Push-up x 20 Male
	<i>iv</i>	Landing Strategy	A	Jump and Stick	Broad Jump and Single Leg Stick (Depth 3 for 5 Reps)	Drop Single Leg Stick
			B	Drop and Stick	Lateral Hop and Stick (Depth 3 for 5 reps)	Step into Impulse and SL Stick
			C	180 Jump and Stick	Broad Hop and Stick (Depth 3 for 5 Reps)	Triple Hop and Stick
			D	Jump and Bump and Stick	Cross Over Hop and Stick (Depth 3 for 5 Reps)	180 Hop and Stick
SPEED	<i>v</i>	Integrated Hip Power	A	Squat Jump	Explosive Sled Pull / BOMB	Standing Drop Jump
			B	Counter Movement Jump	Split Jerk / Push Jerk	Broad Jump to Vertical Jump
			C	Approach Jump	Power Clean	Full Clean
			D		Power Snatch	Full Snatch ♦
	<i>vi</i>	Impulse Development / Acceleration and Sprint Mechanics	A	Cocked Foot & Jog Impulse	Flow	Split Stance Fall into Impulse x 2
			B	Recovery Technique	Single Leg Impulse	Bound
			C	Arm Mechanics (Consistent)	Hip Drive	Sprint Mechanics ♦
			D		Lateral Impulse	
	<i>vii</i>	Reactiveness	A	2 Small and 1 Large	Reactive Hop	Drop Reactive Hop 12"
			B	Drop Jump	Triple Hop	Reactive L-Cut
			C	Lateral Reactive Jump	Reactive Lateral Hop	Bound into Ballistic Lateral Cut Into Impulse
			D	Hexagon Jump	Single Leg Hexagon	** Special Circuit Challenge **
	<i>viii</i>	Rotation Power	A	Thoracic Rotation Mobility	Complete Load Transfer Toss	Momentum Medicine Ball Toss ♦
			B		Force Couples / Leading with the elbows	
			C		Diagonal Chops - Up and Down	
			D			

Achieve BADGES When you complete a Challenge

- HERO = All Challenges
- NINJA= Complete Landing Unit (4)
- HERCULES = Turkish Get-up
- BOLT =
- Flame Thrower = Complete Rotation Power Unit (8)
- Full Golden Armor = Complete System Stability Unit (1)
- Golden Armor = Complete Unit 1.II.A
- LU POWER = Full Depth Squat
- LU+ POWER = Overhead Squat
- LU++ POWER = Full Snatch
- Amazing Hips = Full Hip ROM
- CARTER = Complete Reactiveness Unit
- GUNSLINGER = HIP HINGE
- PLIP ROOKIE = Start

THE LAWS	Law of Lines Law of Progression Law of Basic Breathing Law of Basic Foot Control Law of Tissue Pliability Law of Motor Control	Law of Shoulder Stability General Upper Body Strength Law of Energy System Development Law of Speed Law of Land to Explode Law of Integrated Hip Power	Law of Extension (FLOW) Law of Rotation Power Law of Thoracic Spine Mobility Law of Signal to Noise
----------	---	---	--