



IGNITE PERFORMANCE TRAINING WORKOUT

The Ignite Performance Training methodology teaches trainers to train athletes like athletes using purposeful and appropriate exercises and progressions. Through the use of the Ignite Performance Training Elements (Performance Balance, Integrated Strength, and Athletic Movement) and a systematic Progression Pyramid (Train to Improve → Train to Perform), coaches can learn how to take athletes of all ages and abilities to the next level of performance!

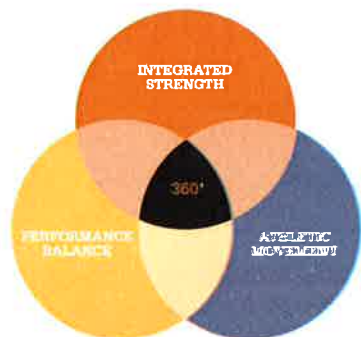
Ignite Performance Training Elements

- **Performance Balance:** Balance is the foundation for all strength exercises and athletic movement execution
- **Integrated Strength:** Multi-joint lifts activate the entire kinetic chain
- **Athletic Movement:** Balance + Strength = Movement

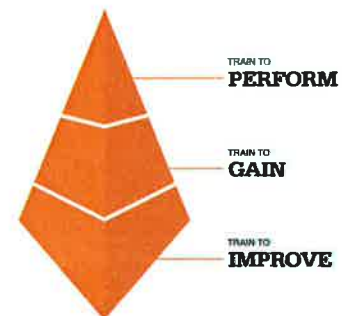
Ignite Performance Training Progression Pyramid

- **Train to Improve:** Focuses on foundational development of the Athletic Engine. Focus is on 1 Element.
- **Train to Gain:** Focuses on improving body functioning by working on foundational development. Focus is on 2 Elements.
- **Train to Perform:** Challenges the athlete to be game ready. Includes all 3 Elements.

4-minutes/station = 20-minutes/round	Round 1 Train to Improve	Round 2 Train to Gain	Round 3 Train to Perform
Station 1 Medicine Ball	MB Overhead Slams to partner GOAL: 3x 15 Athletic Movement	MB Rotational Slams to partner GOAL: 3x 8/side + Integrated Strength	MB Power Lunge Jumps GOAL: 3x 10/side + Performance Balance
Station 2 Smart Muscle® Board	SMB Tuck & Hold GOAL: 3x 30-seconds Performance Balance	SMB Squat + Tuck & Hold GOAL: 3x 8/30-seconds + Integrated Strength	SMB Jump & Land GOAL: 3x 8 + Athletic Movement
Station 3 Agility/Speed	Hurdle Forward Jumps + Ladder High Knees GOAL: 3x 10/4 Athletic Movement	Figure 8 + Ladder Lateral High Knees + Hurdle Crossover + Vision GOAL: 2x 1 (5, 3, 10, 1 line) + Overload Variable	Hurdle Around-Through-Over with Visual Stimulation GOAL: 3x 8 + Overload Variable
Station 4 Braided Tubing	Squat + Power Pull GOAL: 3x 15 Integrated Strength	Squat Jump + Power Pull GOAL: 3x 8 + Athletic Movement	1-leg Squat Jump + Power Pull GOAL: 3x 8/side + Performance Balance
Station 5 Suspension Training	Single Leg Squat (Facing) GOAL: 3x 10/side Integrated Strength	Single Leg Squat with touch (Away) GOAL: 3x 10/side + Performance Balance	Suspended Lunge + Jump (Away) GOAL: 3x 10/side + Athletic Movement



Ignite Performance Training Elements



Ignite Performance Training Progression Pyramid