

NZSCA ACCREDITATION - KEY EXERCISE PROGRESSIONS

HIP HINGE

Hip Thrust

Deadlift

Kettle Bell Swing

RDL

Snatch Grip RDL

SQUAT

Goblet Squat

Front Squat

Back Squat

Box Squat

Overhead Squat

OLYMPIC

Clean Pull

Hang Power Clean

Power Clean

Hang Power Snatch

Power Snatch

SINGLE LEG HINGE

Hip Thrust

Wall Support RDL

RDL

Good-morning

Good-morning Power Step

SINGLE LEG SQUAT

Step-up

Static Lunge

Bulgarian Squat

Reverse Lunge

Walking Lunge

PUSH

DB Bench Press

Bench Press

Military Press

Push Press

Split Jerk

PULL

Inverted Row

Close Grip Pull-up

Wide Grip Pull-up

Bent Over Row

Pendlay Row

JUMP

Vertical

Countermovement Vertical

Rebound Vertical

Horizontal

Rebound Horizontal

TECHNICAL LIFTING ASSESSMENTS

LEVEL 1 FOUNDATION COACH

Hip Thrust – Deadlift – RDL - Back Squat – Box Squat - Static Lunge - Bench Press - Bent Over Row - Military Press

LEVEL 2 PRACTITIONER COACH

Overhead Squat - Front Squat - Olympic Clean Pull - Hang Clean – Power Clean - Hang Snatch - Push Press – Split Jerk – Pendlay Row