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Coach's Choice Adaptability

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The following adaptability circuit is similar to the other adaptability workouts, except that it is much more variable.

The coach calls out which exercise is next, using any lift from the list below. The athlete completes **five reps** of whatever exercise is called using whatever weight you specify from the chart. When the athlete completes five reps of an exercise, call out another.

The athlete will continue to complete five reps of whatever exercise you call until their time level expires. They must **NOT** pause between exercises or drop the weight unless specified!

Adaptability Exercise Choices

You can choose any or all exercises below

[Hang Clean](#)

[Hang Snatch](#)

[Front Squat](#)

[Back Squat](#)

[Overhead Squat](#)

[RDL](#)

[Standing Press](#)

[Lunge](#)

[Bar Curls](#)

[Shoulder Shrugs](#)

[Good Morning](#)

[Squat and Press](#)

Choose a weight based upon your athlete's training level

Class	Weight
Beginner	35 lbs (15 kg) Bar
Novice	45 lbs (20 kg) Bar
Well-Trained	65 lbs (30 kg) Barbell
Advanced	85 lbs (40 kg) Barbell

Check Box Of Level Required	
Level 1 = 2 Minutes	☐
Level 2 = 3 Minutes	☐
Level 3 = 4 Minutes	☐
Level 4 = 5 Minutes	☐
Level 5 = 6 Minutes	☐



