

HENNY EXERCISES with Video Link

Exercise	Video	Category
Triceps (French curls)	https://youtu.be/K_EH55Yslo0	Arms
Reverse grips Triceps	https://youtu.be/NQ32HBXthVY	Arms
Triceps (in front of rack)	https://youtu.be/LLtSZoQdztI	Arms
Triceps and Biceps (out in front of rack).	https://youtu.be/-p0uYid1cC0	Arms
Seated Preacher Curl (out in front)	https://youtu.be/KKRq5Pp37-c	Arms
Lever Arm belt squat	https://youtu.be/TuQ6p_AVV1w	Belt Squats
Belt squat marches	https://youtu.be/g_ezw7xZCPs	Belt Squats
Body saw with plate (anti extension)	https://youtu.be/pSNITnPU3Vo	Core-anti movement
Standing anti-rotation (“Pallof” out in front of rack)	https://youtu.be/HGjLTFzFuWM	Core-anti movement
Deadbug	https://youtu.be/vD7_ISko2lo	Core-anti movement
Front leg “overload” deceleration jumps (pitchers, front leg stability)	https://youtu.be/qKh8GOJMQ_U	Dynamic Deceleration
Deceleration lunge (split stance)	https://youtu.be/u8_n3RJEX3Y	Dynamic Deceleration
Henny High Knee March	https://www.youtube.com/watch?v=JfvhPU_nS0	Dynamic total body
Henny Launch Squat Presses	https://www.youtube.com/watch?v=zuSj2A3l_lw	Dynamic total body
Henny SL Launch Squat Press	https://www.youtube.com/watch?v=zuSj2A3l_lw	Dynamic total body
Barbell hip thrust rows (squat or split stance)	https://youtu.be/he28UMTvexs	Dynamic Total Body
Sprinters start drive with forearms on hip belt	https://youtu.be/tjCr2EH1mmw	Dynamic total body
Barbell Press deceleration catches	https://youtu.be/22gK3LXvXg8	Dynamic total body

Split Jerk	https://youtu.be/obWU1K1jaJY	Dynamic total body
Depth Jump to Press	https://youtu.be/IBT9vsGfc1c	Dynamic total body
Single leg yoke bar 45 degree leg press with knee drive	https://youtu.be/QR-inN9qY50	Dynamic total body
Dynamic Jump back Henny Presses (Blitz pick-up) football	https://youtu.be/-VyVe1b4Mjc	Dynamic total body
3 point bearcrawl position press	https://youtu.be/vH4Wdji_rSA	Dynamic total body
Henny 4 Way Forearm Circuit	https://www.youtube.com/watch?v=AYmqix8nT5g	forearms
Henny Half Kneeling Pronation/Supination w/ PVC (out in front of load)	https://www.youtube.com/watch?v=rMCuRvANtI4	Forearms
Front leg stability battling rope pulls (pitching)	https://youtu.be/IKaUefZebYU	Front leg stability
Back hip load to rotation drive with belt (out in front of rack). Baseball/pitching	https://youtu.be/Kplz6Ad-0pQ	Hip
Supine Henny Hip Flexor	https://www.youtube.com/watch?v=H0o24L6pkBw	Hips
Lateral lunge Adductor Isometric Holds	https://youtu.be/Nm04IPNgzYI	Isometric
Chaos Isometric Rows Pulling with band.	https://youtu.be/IYOpellEwr4	Isometric
Lateral Lunge push w/Henny	https://www.youtube.com/watch?v=8ein6iCuwg	Lateral
Lateral jump back to crossover single arm Press	https://youtu.be/XAzJbozSVxA	Lateral
Lateral Jumps with Hip belt (out in front of rack)	https://youtu.be/15RNNVdfwkM	Lateral
Lateral shuffle with hip belt	https://youtu.be/KKRq5Pp37-c	Lateral
Henny SL Horizontal box jumps	https://www.youtube.com/watch?v=5f81OpjyWQc	Loaded Jump
Henny Standing Glute Kickbacks	https://www.youtube.com/watch?v=8iz65WMaCpY	Lower Body- Posterior Chain

Henny standing Glute kickbacks with slant-board	https://www.youtube.com/watch?v=51yNpvsFnmM	Lower Body- Posterior Chain
Kettlebell Henny Loaded Pull-throughs (out in front of rack)	https://youtu.be/Jhrs47k2STg	Lower Body- Posterior Chain
Loaded Reverse Nordic Curls using hip belt	https://youtu.be/MwNuU16WhAk	Lower Body- Quads
Seated Leg Press with footplate (using incline bench)	https://youtu.be/s1Z94pOkuug	Lower Body- Quads
Explosive Glute Kickbacks with footplate band strap	https://youtu.be/9txJmqgurqg	Lower body- dynamic
Henny Glute Kickbacks with footplate	https://www.youtube.com/watch?v=PP8UjFze4oo	Lower Body- Posterior Chain
Henny (Posterior Chain) Extension Squat with Yoke bar	https://www.youtube.com/watch?v=l4GNvUDRlu8	Lower Body- Posterior Chain
SL Posterior Chain Extension Squat	https://youtu.be/4g5srBW1XRU	Lower Body- Posterior Chain
Reverse Hypers	https://youtu.be/l20rCU4PD3k	Lower Body- Posterior chain
45 degree Launch Drives (legs only). With hip belt, yoke, or barbell.	https://youtu.be/xvydq8wMkKU	Lower Body-Quads
Terminal Knee extension	https://youtu.be/AsilyELZLs8	Lower body-quads
Henny Loaded Band Reverse Lunge w/ Slider	https://www.youtube.com/watch?v=yYdUzp8VrmY	Lower Body/hip belt
Henny Loaded Press with Step	https://www.youtube.com/watch?v=OPYycjswfss	Lower Body/Hip Belt
Henny Loaded Reverse Lunge w/ Belt	https://www.youtube.com/watch?v=_jz9Wj4PUPw	Lower Body/Hip Belt
Henny Loaded Step-Up with hip belt	https://www.youtube.com/watch?v=adPfO8_qEFg	Lower Body/Hip belt
Isometric Neck Hold	https://youtu.be/TaHJNKlyylw	Neck
Posterior sling split stance row	https://youtu.be/Ny0bolYeTG4	Posterior sling

Unstable Glute Kickback	https://youtu.be/KKRq5Pp37-c	Prehab (hamstrings)
Henny Half Kneeling Rotational Shot Put Press (attached out in front of load/rack)	https://www.youtube.com/watch?v=GZdBU6R_Vy4	Rotational
Henny Low to High Rotational Lift	https://www.youtube.com/watch?v=sPd_wfGwGwyk	Rotational
Henny Rotational Scoop Toss	https://www.youtube.com/watch?v=vX4gKIbHYuM	Rotational
Henny Split Stance 1 Arm Rotational Row	https://www.youtube.com/watch?v=K1jBDLf6U40	Rotational
Henny Standing 1 Arm Anti-rotation Shot Put Press	https://www.youtube.com/watch?v=VfPeLxfAubo	Rotational
Henny Tall Kneeling Offset Chest Press Using Exercise bar (squatmax handle)	https://www.youtube.com/watch?v=qswJJBT5uHc	Rotational
Split Stance Rotational Row (baseball, thoracic mobility). Out in front of rack.	https://youtu.be/Dsux3tXOqRc	Rotational
Henny Wall Slides	https://youtu.be/PUV3MKIDewQ	Shoulder health
Henny Quadruped 1 Arm Serratus Floor Slides	https://www.youtube.com/watch?v=qFJBGDdQS7w	Shoulder Health
Henny Split Stance 1 Arm Cuff Press	https://www.youtube.com/watch?v=JqV_mzpEpnwI	Shoulder health
Henny Split Stance 1 Arm Overhead Cuff Press	https://www.youtube.com/watch?v=PLhuL7eQXak	Shoulder health
Henny Split Stance 1 Arm Serratus Slides	https://www.youtube.com/watch?v=zCEV3RIOF5A	Shoulder Health
Henny Tall Kneeling 1 Arm Shoulder Flexion	https://www.youtube.com/watch?v=-EO7YjLL97s	Shoulder health
Parallel to Floor Wall Slide/Shoulder press with barbell or yoke bar	https://youtu.be/soayUM8OGg4	Shoulder Health
Parallel to Ground Neutral Grip Shoulder Press (with trap bar)	https://youtu.be/QjreUGznJYw	Shoulder Health
Face pulls out in front of rack	https://youtu.be/7XtEHGyInIY	Shoulder Health

Henny Split Stance 1 Arm Eccentric Grip Catches	https://www.youtube.com/watch?v=wGTPlzjuUhw	Shoulder Health-Arm care
Henny Split Stance 1 Arm Lat Stretch	https://www.youtube.com/watch?v=sqdzJzQomf4Y	Shoulder health-Arm care
Henny Tall Kneeling Offset Shoulder Flexion with exercise bar	https://www.youtube.com/watch?v=asIJ2KFqNcw	Shoulder Health-Arm care
3 point Bear Crawl 1 Arm Iso Hold w/ Shoulder Flexion	https://www.youtube.com/watch?v=Cv7OPNg6Oyk	Shoulder health/Core
3 point Bear Crawl 1 Arm Overhead Press (out in front of the load/rack)	https://www.youtube.com/watch?v=mh9YkygIL50	Shoulder health/Core
3 point Henny Bear Crawl 1 Arm Row	https://www.youtube.com/watch?v=FTcu70RSnbo	Shoulder health/Core
Quadruped 1 Arm Overhead Press	https://www.youtube.com/watch?v=yWEDYrUHPI0	Shoulder health/Core
Henny Yoga Push-up	https://www.youtube.com/watch?v=UAz_VUDFykk	Shoulder health/Core
Henny Barbell Standing Shoulder Press	https://www.youtube.com/watch?v=ZIZgqrHiUPM	Shoulders
Henny OH Shoulder Press	https://www.youtube.com/watch?v=8qE8ivrvCgM	Shoulders
BB Overhead press (split stance)	https://youtu.be/ZIZgqrHiUPM	Shoulders
Side Shoulder Raise (out in front of load)	https://youtu.be/MeAxCaK15MY	Shoulders
Henny 45° SL Isometric barbell hold	https://www.youtube.com/watch?v=SmDq-MlIfPw	Speed training
Resisted Arm swing/high knees	https://youtu.be/ZeOFj3R_vtI	Speed training
Sprinters start step press (in front of rack)	https://youtu.be/7D8_psNMPyw	Speed training
Low to high Sled Push	https://youtu.be/vts6WZGck14	Total body conditioning
Resisted bearcrawls (make sure barbell sits low to ground)	https://youtu.be/sgAm7tq-ekY	Total body conditioning

Dynamic Transverse 2 handed Chest Presses	https://youtu.be/5BhnGahUU_Y	Transverse Press
Perpendicular to the load Squat Stance Single Arm Press.	https://youtu.be/QS8ahPRuMZw	Transverse Press
Henny Offset-Load split stance Press	https://www.youtube.com/watch?v=uvgPQ4SV_U8&t=3s	Trunk Stability
Henny Kneeling Unsupported Trunk Press (60 deg torso angle)	https://youtu.be/y6tFMVHQ2zc	Trunk Stability
Offset and regular Split Stance Presses using Kettlebells.	https://youtu.be/UGG72Wm9yhs	Trunk Stability (Hip IR)
Offset Load Henny Press (can also be done isometrically).	https://youtu.be/l-kj8lNXDeQ	Trunk Stability Hip IR)
Henny SL Standing Press	https://www.youtube.com/watch?v=5uQ_6EU080o	Upper Body Press
Standing Wiz Punch Press (O-lineman pass block set-up)	https://www.youtube.com/watch?v=dd4C1W9SIU	Upper Body Press
Close grip "open hand" Press with footplate	https://youtu.be/vvll-vppams	Upper Body Press
Front foot elevated lunge hold press	https://youtu.be/S47MAgPwM4A	Upper Body Press
1 arm press in staggered standing position (injured athlete)	https://youtu.be/K_euhHt4Y6I	Upper Body Press
Neutral grip split stance Chest Press (football bar)	https://youtu.be/ansDzSBuyOU	Upper Body Press
Negative Supramaximal Split Stance Press (dynamic momentum driven concentric).	https://youtu.be/BK3gnmBxNGE	Upper Body Press
Ipsilateral Henny 1 arm Coil Press (baseball/rotational component)	https://youtu.be/U_Ev3XBhhcc	Upper Body Press
Henny Half Kneeling 1 Arm Chest Press (out in front of the load)	https://www.youtube.com/watch?v=aRHgWkEBDqI	Upper Body Press
Henny Split Stance Standing Press	https://www.youtube.com/watch?v=O10sMy-rt_M	Upper Body Press

Single Leg Henny Press	https://www.youtube.com/watch?v=5uQ_6EU080o	Upper Body Press with SL
Henny Barbell Row Thrust (out in front of the rack)	https://www.youtube.com/watch?v=XbgRcyeMBVs	Upper Body Pull
Henny Row Squat Stance (wide grip)	https://www.youtube.com/watch?v=XQhLtNU3Rio	Upper Body Pull
Henny SL Barbell row (hold BB)	https://www.youtube.com/watch?v=DIm8P-sbUIY	Upper Body Pull
Henny Split stance posterior sling row	https://www.youtube.com/watch?v=Ny0bolYeTG4	Upper Body Pull
Henny Split Stance Row	https://youtu.be/MMt-zp62XbE	Upper Body Pull
Lineman Staggered Stance WIZ Rows	https://youtu.be/kKRYOdr6Y38	Upper Body Pull
Seated on the Floor Wide Grip BB Rows	https://youtu.be/fCr6UDofVVA	Upper Body Pull
Narrow grip Rows with handle out in front of rack.	https://youtu.be/jpezBpyQfYA	Upper Body Pull
Chest supported row	https://youtu.be/o0ewxTXFpog	Upper Body Pull
SL/Single arm Henny Rows (opposite arm/leg)	https://www.youtube.com/watch?v=ZcAGG1wi6NY	Upper Body Pull with SL stability
SL Henny Row with 2 arm pull (using cable handle)	https://youtu.be/o0ewxTXFpog	Upper Body Pull with SL stability