

Resisted lunge

Starting position: Maintain good posture throughout the exercise with shoulder blades retracted and depressed (squeezed together), good stability through the abdominal complex, and neutral spine angles.

Activate core with proper drawing in and pelvic floor contraction.



Movement: Hold tubing in your outstretched hands so that the arms are straight in front of your chest and your shoulders are square.

While maintaining total body alignment, step forward descending slowly by bending at the hips, knees, and ankles, keep most of your weight in the forward leg and AVOID letting your back knee touch the ground.

Resist the torque and maintain alignment in the body.

Use your hip and thigh muscles to push yourself up and back to the starting position.



Row

Starting position: Bend knees assuming a half-squat position, hinge at hips slightly with upper body leaning forward.

Keep hips facing forward with feet flat on floor.

Hold one strap in each hand with palms facing inward.

Keep feet, hips, and shoulders square with body facing forwards.

Keep wrists firm and unbent.



Movement: Slowly pull hands upward and slightly out to shoulder width apart while rising up to a full upright posture with pelvis and lower back in neutral alignment.

Avoid pushing hips and stomach forward.

End with arms straight, palms facing inward, and hands directly over shoulders.

Hold and slowly return to start position.



Bridging with tubing

Starting position: Comfortably place tubing around your upper thigh as depicted.

Lie flat on your back with your knees bent, feet straight ahead and arms to your side.



Brace the spine by drawing your abdomen inward.

Squeeze glutes and raise pelvis vertically from floor.

Maintain glute activity throughout the entire exercise.

It is important not to let your back arch at any time during the movement.

Do not allow knees to “jut” forward. The pelvis should move straight up and down.

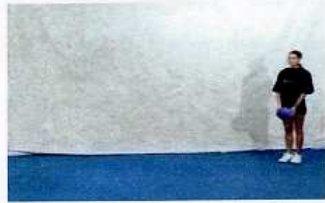
To increase glute activity, lift toes up.

Maintain a level pelvis throughout the entire exercise.



Squat with rotation

Starting position: Stand in proper alignment with hands held in front of the body.



Movement: While maintaining total body alignment, step forward descending slowly by bending at the hips, knees and ankles.

Slowly rotate at the spine either forward or away from the lead leg.

Use your hip and thigh muscles to push yourself back up to take the next step.

As you lift your body, rotate your spine back to the starting position.



Side bridge / star

Starting position: Lie on the right side with legs bent.

Before movement begins, optimal postural alignment is mandatory.

Place right elbow directly under the right shoulder for support.



Movement: Draw your lower abdomen inward toward your spine.

While maintaining the drawing-in maneuver, lift body up onto forearm and hold for 5-15 seconds

While still maintaining the drawing-in maneuver, lower to the floor.

Repeat recommended repetitions.

The cervical spine (neck) must stay in a neutral position!

Do not sacrifice form for more time.

Movement continued: Now simultaneously abduct (move it away from your body) leg and arm from body.

Maintain for a few seconds at the top of the movement as shown above.



Alternate arm / leg



Starting position: With one hand on hip, balance on opposite leg with knee bent slightly and aligned over 2nd & 3rd toe.



Movement: Maintaining a drawn in position, extend opposite leg into triple extension (hip, knee, ankle fully extended) and at the same time flex the shoulder of the free hand, straight out in front of the body.

Hold and then return both extremities to starting position, maintaining optimal posture.

To progress: Close eyes and perform movement as described above.

Advanced plank with leg abduction

Key points: Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.

Activate the core with a GOOD drawing in and pelvic floor contraction.



Starting position: Start in the advanced plank position (above), the elbows and knees are on the ground, core is activated, glutes are squeezed and shoulder blades are retracted and depressed (squeezed together).



Movement: Perform alternating side (abduction) kicks with the legs at the hip joint, make sure that the leg does not rotate in either direction.