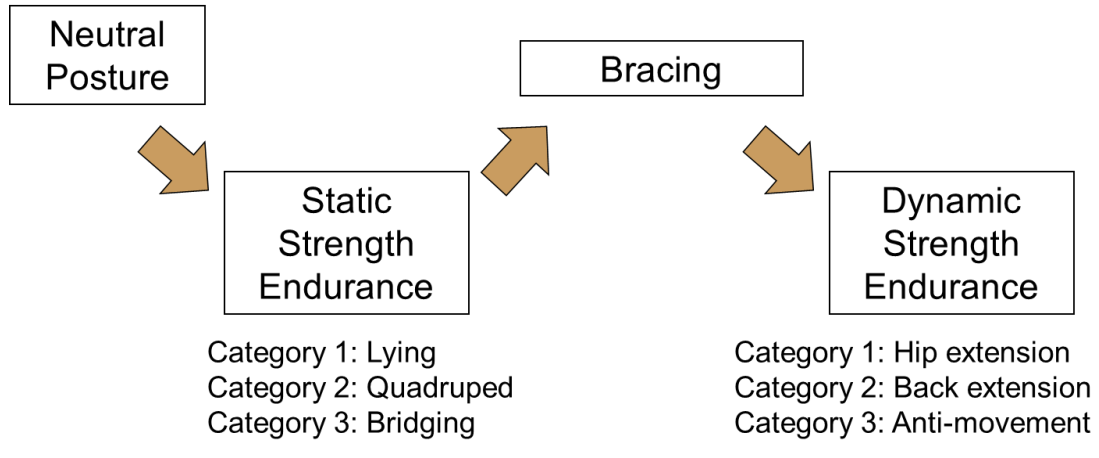


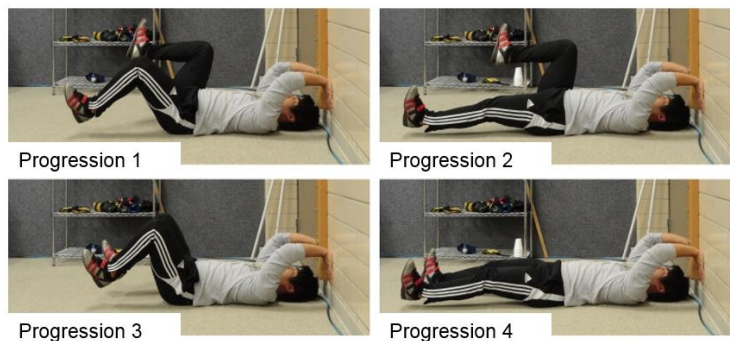
### Core (Torso) Stabilization Drills



## Static Strength Endurance

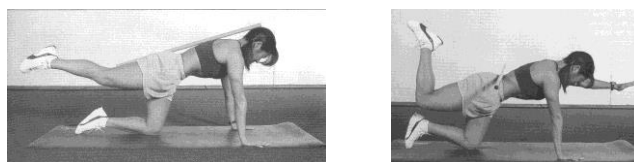
### Category 1: Lying Supine

- Floor is used as a guide to maintain spinal alignment
- Hands press lightly against wall
- Each position repeated 3 x ~15-20s
- Progress positions from 1 to 4



### Category 2: **rotary stability**

- A dowel is a useful tool to emphasize proper alignment
- Hip and shoulder 90° position
- Movement progression: Lift one arm → leg → opposite arm and leg → superman pos.



### **Category 3: Bridging**

#### *Prone*

Maintain proper posture at all times – do not look up/ahead, keep head in alignment with spine  
Progression:

- Pushup position, elbows, 1-leg, 1-arm, 1-leg & 1-arm
- Can include wobble boards, bosu balls, foam or air pads, and stability ball under the hands/elbows and/or feet



#### *Lateral*

Don't forget posture!

Progression:

- Knees bent, legs straight, bottom-single leg, bottom-single leg position to the front or back of the body, top-single leg
- Foam/air pads, bosu, small stability ball can be placed underneath the elbow and/or feet.



#### *Supine*

Although the posterior chain musculature will be highly activated, firm abdominal pressure should be maintained

Press down with the arms to activate the latissimus m.

Progression:

- Knees bent, lift one leg off the floor, fully extend one leg horizontal or vertical, bend elbows, labile surfaces, partner assisted perturbations



## **Dynamic Strength Endurance**

### **Category 1: Hip extension**

Hip extension has the upper body fixed and the lower free to move

Technique:

- Foot should be dorsiflexed to encourage glute max and abdominal activation
- If possible, foot slightly supinated to encourage external thigh rotation

Progression: begin without external resistance

- 2-legs & 1-leg variation

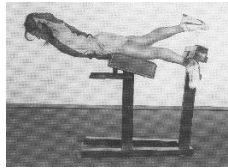


### **Category 2: Back extension**

Back extension has the lower body fixed and the upper free to move

Technique: Hip joint placement is very important, should be slightly beyond edge of padding

Progression: 2 leg → 1 leg



### **Category 3: Anti-Movement**

Cable Chops (resist rotation of upper body)

- Goal is to get to or slightly cross midline w/ hand closest to stack
- Note: no head movement
- Performed on: 2-knees (tall kneeling), 1-knee (half kneeling), standing
  - mvt: down diagonally, horizontal across, up diagonally



Lateral downward chops

- Arm closest to cable stack move down/up to vertical position



Stationary position

- “Anti-rotation”



Walkouts; Cable held overhead, walk/shuffle in the:

- Frontal plane
- Sagittal plane
- Transverse plane



Stuart McGill’s ‘stir the pot’



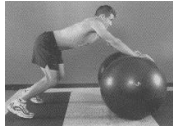
### Full Body Rotation

- Downward chops
- Horizontal chops
- Upward chops



### Roll-outs with upper body

- Progress from knees to feet to standing
- Toes should remain in contact with the ground



### Roll-outs with lower body

- Progress from horizontal to pike position

