

LES MILLS CORE GRADE REVIEW: TECHNIQUE VARIATIONS

The key exercises/variations are listed below, along with their components and skills for assessment. An exercise is competent when the compulsory components of Position (P) & Execution (E) are demonstrated safely and effectively, including all skills under the exercise/variation that apply.

Tick ✓ box for Variation competency or level blank if competency not achieved

SUPINE AB VARIATIONS (Crunch; Cross Crawl)

P: • feet hip distance • (Crunch) feet close to butt • (Cross Crawl) knees over hips, shins parallel to floor • fingertips to temples, elbows wide or hands past thighs

E: • (Crunch) slide ribs to hips • (Cross Crawl) shoulder towards opposite knee • leg ROM as Release indicates • brace abs to stabilize hips & pelvis • keep chin tucked in

SUPINE LOWER AB VARIATIONS (Leg Lift; Leg Extension)

P: • feet hip distance • 90° knee bend • hands by hips palms up • brace abs to keep lower back toward the floor • chin tucked in

E: • (Lift) knees over hips, shins parallel to floor • maintain the 90° knee bend • (Extension) leg ROM as Release indicates • lower back & pelvis still

OBLIQUE VARIATIONS (Side Crunch; Side Hover; Oblique Leg Extension; Leg Drop)

P: • chin in/head still • chest open/lifted • (Side Hover) elbow under shoulder • long line head to knee • hips stacked • (Oblique Leg Ext.) support with rear arm • (Leg Drop) knees over hips • arms wide, palms up • anchor shoulders to floor

E: • arm/leg ROM as Release indicates • (Side Crunch) bring side ribs to top hip • (Side Hover) lift bottom hip • hips & shoulders square to F • push through forearm to stabilize

HOVER VARIATIONS (Hover; Plank; Mountain Climber)

P: • (Hover) elbows under shoulders • hands as Release indicates • knees just outside hip-width • hips at shoulder height • (Plank) hands under shoulders • knees hip width • hips under shoulder height • shoulders B & down • eye gaze to hands • toes tuck under • brace abs to support & stabilize mid-section

E: • back straight & long • hips & shoulders parallel to floor • push down through forearms/hands to stabilize • (Mountain Climber) drive knees in towards chest or elbow

STANDING ROTATION VARIATIONS (Woodchop; Power Skater; Side Lunge)

P: • equipment as indicated in the Resources • feet wide outside shoulder width • brace abs to keep hips square to front • chest lifted

E: • bend knee in line with toes and shift weight to side • drive rotation from the center of the chest • arm ROM as Release indicates

STANDING GLUTE TRAINING VARIATIONS (Side Step, Leg Lift/Circle, Back-Back-Forward-Forward)

P: • equipment as indicated in the Resources • feet as Release indicates • knees soft • chest lifted

E: • (Leg Lift/Circle) moving leg straight, heel leads • ROM as Release indicates • stay strong in the supporting leg, avoid lean • brace abs to keep hips and shoulders square

PRONE/SUPINE BACK VARIATIONS (Bridge; Back Extension; Aeroplane; Horse Stance with Leg Lift)

P: • chin tucked in • (Bridge) knees bent, feet on floor close to butt • (Back Extension) eyes to floor • heels together • (Horse Stance) hands under shoulders • knees under hips

E: • squeeze glutes • keep hips & shoulders square • (Bridge) lift hips • (Back Extension) lift chest • (Aeroplane) twist from center of chest • (Horse Stance) brace abs and push into hand(s) • arm/leg ROM as Release indicates • squeeze shoulder blades together