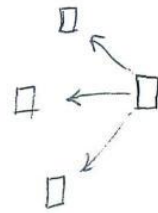
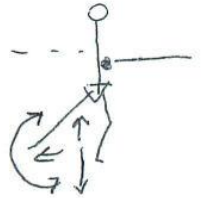
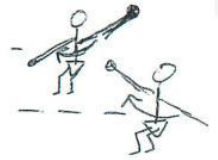


## Multi-planar core work

- anterior chops (high to low) front of trunk emphasis - - - - -
- posterior chops (low to high) back of trunk emphasis - - - - -
- 3-way sliders w/ trunk line of pull
  - ↳ foot on furniture sliders, hip hinge fwd/side/bwd - - - - -
  - ↳ pulley at level of belly button, try arms close vs. far away
- sliders all around (randi game/circles) - - - - -
- Step outs w/ trunk line of pull
  - ↳ single leg squat, step out fwd/side/bwd
  - ↳ hip hinge + pause for "freeze frames"

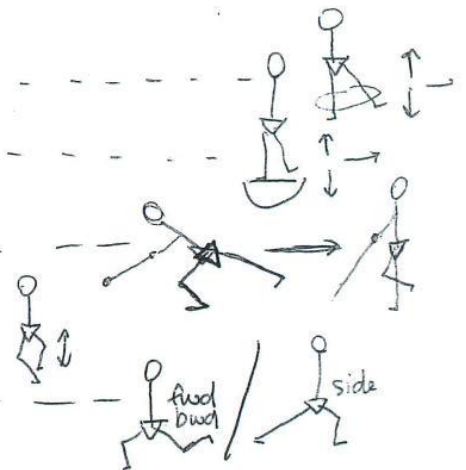


## Ball Trunk work

- flexion (curl up) ball under most of spine, slowly return
  - ↳ challenge w/ med ball on chest, holds, and rotations
- extension (extend back) ball under belly button
  - ↳ squeeze shldr blades together, draw up only to neutral - - - - -
  - ↳ keep chrn tucked, think "lift the sternum" for upper back extension
  - ↳ challenge w/ 10 sec holds or arms out to side

## Standing Hip Work / single leg progressions

- 3-way resisted hip w/ theraband - - - - -
- 3-way hips on bosu ball - - - - -
- "lawn-mowers" - - - - -
- curtsy squats - - - - -
- lunges 3-way - - - - -



## Plank progressions

- side plank clam shells - - - - -
- side plank hip abduction - - - - -

