

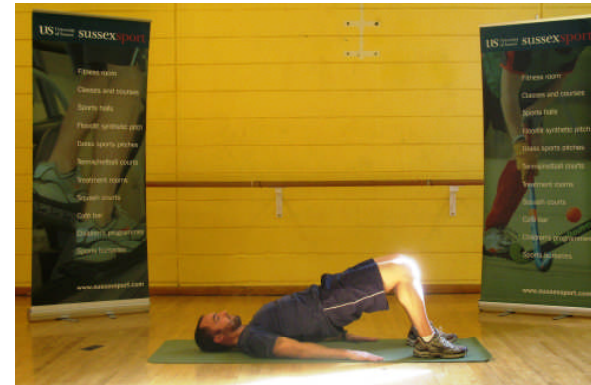
Level One: Hip Bridge

The hip bridge is level one as it has a stable base, with both feet on the floor and hands by the side for balance. To progress this movement place the hands across the chest.

Target Muscles

Primary Muscles:
gluteus maximus,
hamstrings, erector
spinae.

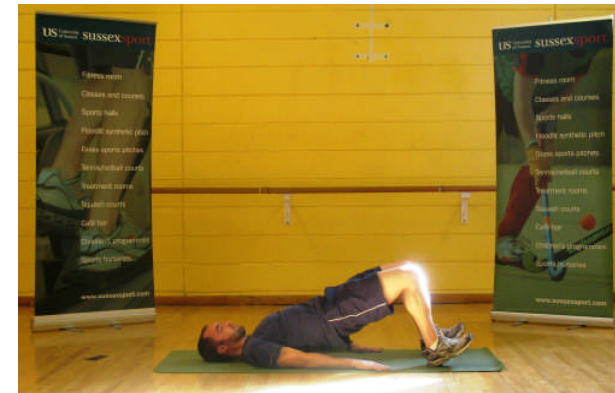
Secondary Muscles:
rectus abdominus,
transverse abdominus,
quadriceps, adductors,
abductors, gastrocnemius.



Teaching Points

- Lying on the floor, hands by your side, feet close to your bottom
- Feet should be shoulder width apart
- Engage the core, push up using the glutes, keeping the spine straight
- Stop when the knees, hips and shoulders are aligned. Hold this position for no more than 10 seconds
- Lower back down to the floor, keeping the core engaged and spine straight

Look out for: knees coming together / moving apart, not pushing the hips through, keeping the core engaged, hips not aligned, shift of weight to one side, lifting the head off the floor.



Level Two: Bird Dog (Supermans)

The bird dog is a progression as we now have to work against gravity in order to keep the spine and abdominals tight. We are also adding additional movements away from the centre of the body, meaning the body is more unstable.



Target Muscles

Primary Muscles: rectus abdominus, erector spinae, gluteus maximus, latissimus dorsi.

Secondary Muscles: trapezius, rotator cuffs, quadriceps, hamstrings, gluteus min / medius.

Teaching Points

- Kneel with hands placed shoulder width apart and directly below the shoulders
- Engage the core, first start by practicing lifting one hand and then one knee to practice balance
- When comfortable balancing, lift one hand pointing straight out in-front and extend the opposite leg to the rear
- Hold for a few seconds and then return to the start, repeating on the other side

Look out for: tilt in the pelvis to the left / right, tilt in the shoulders left / right, head not in line with the spine, curvature in the spine (stomach dropping to the floor).



Level Three: Anti Rotations and Pallof Press

Anti-rotations are a progression from the Bird Dog due to additional loading at the core (resistance from the band). This means that not only is the core engaged, but the shoulders and hips have to stay aligned.

When adding arms in the pallof press, the centre of gravity is changing constantly, meaning an increase in intensity.

The top picture to the right is the hold for an anti-rotation exercises. All three pictures on the right in a sequence make the pallof press.

Teaching Points

- Half kneel on the floor a few yards away from the wall or cable machine
- Set the cable column or band up a mid chest height
- Take hold of the band / cable attachment and turn back so the start position so shoulders and hips are facing directly forwards (see picture)
- The core should now be engaged to prevent rotating back to the start
- Shoulders stay straight and core engaged, hold for a target time
- Repeat on the opposite side
- For the pallof press bring the arms into the chest and then push back out in a straight line

Progress to standing

Note: For both exercises it is not about the weight, the exercise is about avoiding rotation towards the load

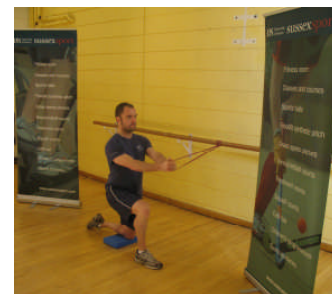


Target Muscles

Primary Muscles: erector abdominus, transverse abdominus, obliques,

Secondary Muscles: erector spinae, glutes, trapezius, latissimu dorsi

Look out for: shoulders not aligned (one dropping lower than the other), hold not directly in the middle of the body, hips not aligned, head not in line with the spine.



Level Four: Plank

The plank is a progression as we are again increasing the pull of gravity. The core has to stay engaged to prevent the hips from dropping to the floor.

Starting with a half plank (top picture) and progressing down through the examples is a gradual and steady overload as a greater load is placed on the core area.

Progressions

- Half Plank (top picture)
- Plank (middle picture)
- 3 point Plank (bottom picture)

Teaching Points

- Lie face down on a mat resting the forearms on the floor
- Engage your core
- Push the knees up off the floor raising onto your toes and resting on your elbows
- Keep your back flat and keep a straight line between the shoulders, hips and ankles
- Hold for 30+ seconds



Target Muscles

Primary Muscles: obliques, rectus abdominus

Secondary Muscles: erector spinae, latissimus dorsi, hip flexors

Look out for: not keeping head in line with spine, pushing hips up in the air, shoulders, hips, knees and ankles not aligned.



Level Five: Side Plank

The side plank is a progression as there are now less points of contact with the floor and the exercise is isolating one side as opposed to the plank which targets the whole core.

Progressions

- On Knees
- Full Side Plank
- Arm Stretch Up Directly above shoulder

Teaching Points

- Lay on your side with the left forearm on the floor, directly below the shoulder, elbow bent fingers point away
- Rest the right arm straight down the right side
- Keep your left foot on the floor, place the right foot on top and raise your body off the ground
- Hold for a set period of time (aim to build up to 60 seconds)



Target Muscles

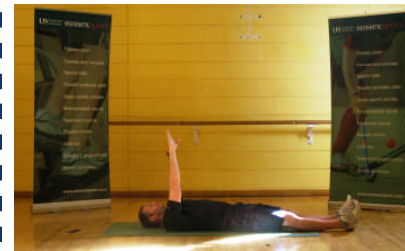
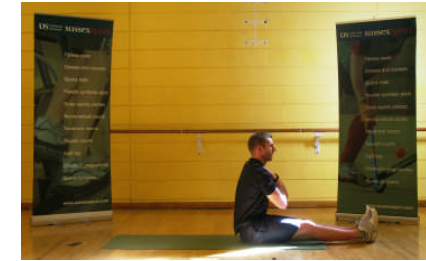
Primary Muscles: obliques, rectus abdominus, transverse abdominus.

Secondary Muscles: erector spianae, latissimus dorsi, hip flexors, deltoids.

Look out for: not keeping head in line with spine, pushing hips up in the air, shoulders, hips, knees and ankles not aligned, arm not directly below shoulder, top shoulder rotating down to the floor.

Level Six: Straight Leg Sit Ups

If you are performing the correct technique, the intensity / load can be increased by holding a weight in your hands. You must still maintain the same technique as without a weight.



Teaching Points

- Lying on the floor with arms outstretched above the shoulders (towards the ceiling)
- Keeping the legs flat on the floor, use the core to bring the upper body up to vertical
- The hands should end up pointing directly to the ceiling
- Resist the temptation to use the arms to propel the body upwards
- Under control lower back to the start

Note: Start with arms folded across the chest. The next progression would be to hold the arms outstretched and finally add a weight

Target Muscles

Primary Muscles: rectus abdominus, transverse abdominus.

Secondary Muscles: Hip flexors.

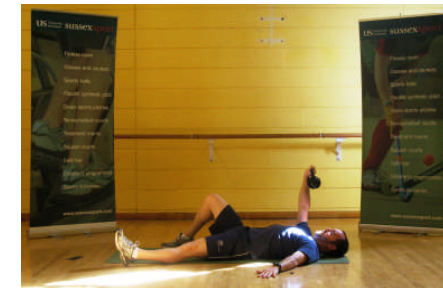
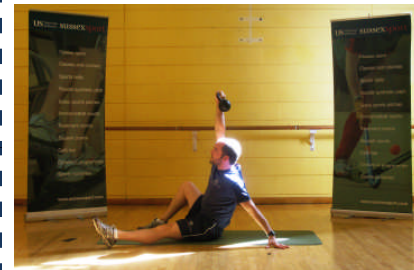
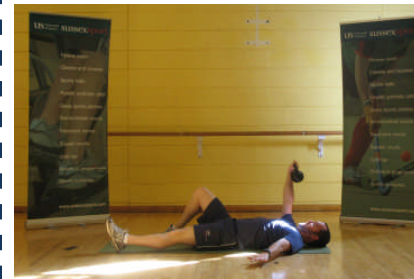
Look out for: feet lifting off the floor, using the arms to assist the movement (swinging forwards) to initiate the lift, not coming all the way to vertical.

Level Seven: Half Turkish Get Up

This is preparing the member for the next step, the Turkish get up. Similar movement pattern to the straight leg sit up.

Teaching Points

- Lie face up on floor with right knee bent, foot flat on the floor and left leg extended. Raise the right arm toward the ceiling and extend the left arm directly out to side on the floor, palm down.
- Keeping the right arm pointed up throughout, engage the abdominals and press onto the left forearm to lift the torso off the floor, propping yourself up on your left elbow.
- Press into left palm and bring torso up to straight, extend the arm directly above the head pause and return to the start



Target Muscles

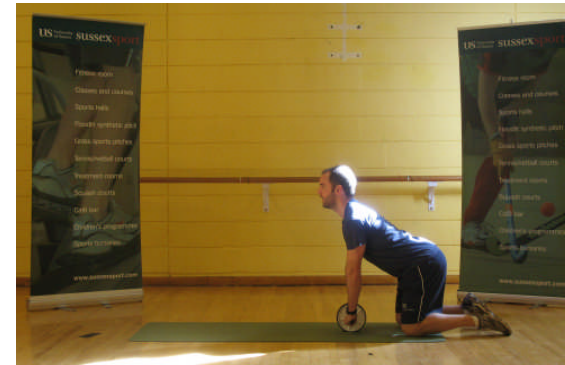
Primary Muscles: rectus abdominus, transverse abdominus, obliques, gluteus (maximus, medius, minimus).

Secondary Muscles: hamstrings, quadriceps.

Look out for: straight leg lifting off the floor, not being able to control the movement, arm not staying locked and directly above the shoulder.

Level Eight: Ab Wheel Roll Out

The ab-wheel rollout can also be performed on a stability ball. As the body is moving the intensity is increased on the core.



Target Muscles

Primary Muscles: rectus abdominus, obliques.

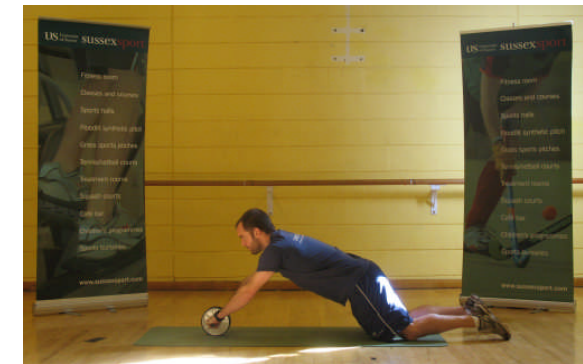
Secondary Muscles: erector spinae, latissimus dorsi, hip flexors.

Teaching Points

- Start from a kneeling position, holding the wheel placed on the floor directly below the shoulders
- Keeping the core engaged, neutral spine (head in line with spine)
- Roll the wheel out as far as comfortable, keep core engaged, inhale as you go out
- Reach out as far as possible without arching your back
- Then roll wheel back to the start and exhale
- Keep the arms extended at all times

**Warning – this exercises can place considerable strain on the lower back, if you feel a pinch in the lower back you are not positioned correctly*

Look out for: lower back arcing, head not in line, hips pushed up, hips dropping down, bent arms.



Level Nine: Turkish Get Up

Turkish get up increases the overall demand on the body as the whole body is involved. Controlled technique and good core strength are required for this exercise. Not for beginners.



Teaching points

- Lying on your back with your left knee propped up and your right leg flat on the ground. Raise your left hand to the ceiling
- The first movement in the exercise is propping up to your right elbow (or to whichever elbow is not extended upward). Do so by keeping your raised hand completely straight. Roll from the shoulder up and slightly to the side to prop up.
- Once you are propped up on your elbow, you need to form a base. Do so by pushing your hips up, moving from balancing on your elbow to your hand and fully extending your leg on the same side
- From your base position, move the front foot (the one on the opposite side of the raised hand) back and underneath you until you can put your knee on the ground
- From the kneeling position simply stand up. Do so by extending your left knee as you raise your right leg to a straight position