
Level Three: Anti Rotations and Pallof Press

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 movement in the pallof press, the centre of gravity is changing all the time, meaning an increase in intensity.

The top picture (on the right) is the hold for an anti-rotation exercise. All three pictures on the right in a sequence make the Pallof press.

Teaching Points

- Start with the band/cable column at mid chest height.
- Keep the core engage, take a few steps away from the wall to increase the tension in the band or lift the weight of the weight stack (cable column)
- Feet shoulder width apart, arms outstretched in front of the body
- 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.

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

