

Level Three: Wall Reach 2 (one body bar)

This is a progression due to the increase in load as now holding one body bar. The load is leaning forwards increasing the pull of gravity at the erector spinae. The teaching points to look out for are still rotation of the pelvis and shoulders, look to keep them parallel to the floor.

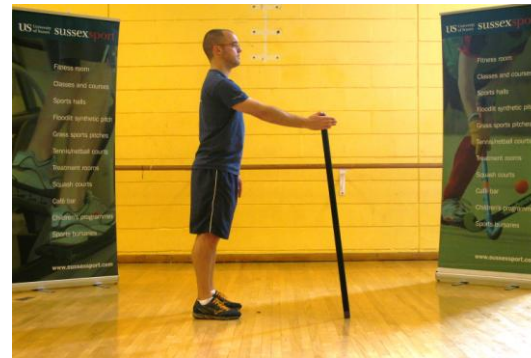
Teaching Points

- Standing feet shoulder width apart facing a wall, hands outstretched holding one body bar, which is contact with the floor
- Body bar in the same is held on the side where the leg is coming up in the air
- Bending from the hips, lean forwards using core and lumbar control, using the body bars for balance
- Bring upper body to parallel or as far as range of movement allows
- At the same time raise one leg, using the glutes, aims is to have the back leg parallel to the floor
- Avoid twisting and rotating at the hips and shoulders
- Relax shoulder blades back

Target Muscles

Primary Muscles: gluteus maximus, hamstrings, erector spinae

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



Look out for: hips not aligned, shoulders not aligned, knee turning in / out, heels coming off the floor, not keeping spinal alignment, back leg moving out to the side.

