

Lateral Lunge to Balance

Reps: 10-20/side
Tempo: slow

Sets: 1
Rest: none

Intensity: med
Duration:

Preparation

- Begin with both feet shoulder-width apart and hands on hips.

Movement

- Lunge to the side landing on the entire foot, coming to a stabilized position, with mobile foot pointing at a slight angle (to allow for the slight external rotation that must occur when abduction occurs at the hip), and the knee directly over 2nd and 3rd toe.
- The lunge knee should be bent 90° while the stationary leg is straight.
- From this position drive off of front foot (heel first) onto back leg.
- Stand directly up into a balance position with balance leg straight and opposite leg flexed 90° at the hip and knee with foot dorsiflexed.
- Note: This can be done in all three planes of motion: frontal, sagittal and transverse.
- Progression: On airex pad or other unstable surface.



Transverse Lunge with Reach

Reps: 10-20/side
Tempo: slow

Sets: 1
Rest: none

Intensity: med
Duration:

Preparation

- Start off with small step and a shallow knee flex.
- Keep the movement of the hands reaching subtle.
- Don't try to control the movement consciously.
- Be aware of an upright trunk.

Movement

- Step to the side and slightly behind, while rotating the hips and torso and allowing the body to react to the ground force, gravity and momentum.
- Make sure both arms rotate and lift to shoulder height and reach in a controlled manner.
- Return to the starting position and alternate.
- Gradually increase the range of movement.



Lunge with Lateral Flex and Opposite Arm Reach

Reps: 10-20/side
Tempo: slow

Sets: 1
Rest: none

Intensity: med
Duration:

Preparation

- Start with a small step, shallow knee flexion and lateral reach to ensure proper alignment and neuromuscular stability in the frontal plane before increasing range of motion and depth of lunge.
- Be aware of an upright trunk.

Movement

- Step forward with left leg.
- Drop right knee gently towards the floor.
- Laterally flex trunk to the left and reach over with right hand.
- Once a gentle stretch is felt, return and repeat.



Core War

Reps: 1min
Tempo: Controlled

Sets: 1-3
Rest: 10 Seconds

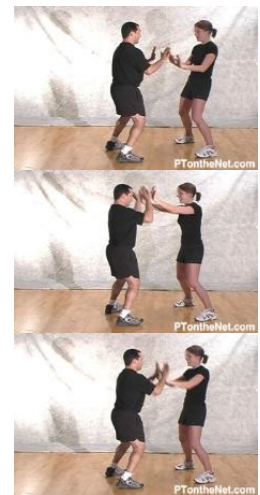
Intensity: High
Duration:

Preparation

- Maintain good posture throughout the exercise, good stability through the abdominal complex, and neutral spine angles.
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- Initiate a thorough dynamic warm up prior to starting this exercise, this engages the nervous system.

Movement

- This movement involves a game that is a standing hand "push" pattern with a partner.
- Stand tall with your knees slightly bent, your feet shoulder width apart pointing straight and your hands with palms open at shoulder height (as shown).
- Your partner is a mirror image of you (see video).
- The objective of the game is to push your partner off balance (by pushing on each other's hands) so that they take a step.
- Start with the feet firmly planted on the ground and the hands up but not in contact with your partners
- You can try to "overpower" (try and forcefully push them over), "bluff" (use speed to quickly fake them out) or "underpower" (as they push you, you allow your arm to come back so they fall towards you), anything to get your opponent to take a step.
- Watch the video to see exercise dynamics.
- TRAINERS: Ensure the individual braces the abdominal complex.



Reverse Plank - Table Top

Reps: 10
Tempo: slow

Sets: 1
Rest: none

Intensity: high
Duration: 5sec

Preparation

- Place your hands behind you on the mat with your fingers pointing forward toward your buttocks.
- Place both feet in front of you flat on the floor hip width apart.

Movement

- Lift your torso from the mat to weight bear on both hands and feet evenly.
- Bring your torso as close as you can to neutral spinal alignment.
- If you would like to challenge yourself, keep neutral spinal alignment and lift one foot off the floor to 'march'.
- Hold the position, then return to the starting position and repeat for 3-5 repetitions.



Crunch – Leg Lifts

Reps:
Tempo: slow

Sets: 1
Rest: none

Intensity: controlled
Duration: 1min

Preparation

- Ensure the individual is proficient at a crunch before prescribing this exercise.

Movement

- Lie supine on the ground.
- The hands should be to the side of the body with the shoulders on the ground.
- With the upper body still, lift both legs at the hips off the ground as shown (ensure to keep the legs straight).
- Pay close attention to the video to observe the relative timing of this dynamic movement pattern.
- TRAINERS: Watch for a forward head carriage, anterior collapsing of the shoulders and holding of the breath. These are indications that the exercise is too difficult and should be regressed.



Notes

make sure that your back stays perfectly still, no rocking in your lower back

Erector Spinae – Cross Leg

Reps: 1/side
Tempo: static

Sets: 1
Rest: none

Intensity: low
Duration: 30sec/side



Preparation

- Lie supine on ground with left leg straight out, and right leg bent and crossed over left side as shown.

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Movement

- Draw your belly button inward.
- Slowly use your left arm against your right crossed leg to apply pressure to the point of tension.
- Hold for 20-30 seconds, repeat for 2-3 reps.

King Pigeon Pose

Reps: 1/side
Tempo: static

Sets: 1
Rest: none

Intensity: slow
Duration: 30sec/side



Preparation

- Begin in a runner's lunge position with both hands on the floor on both sides of the front foot.

Movement

- Keep the trailing leg straight while drawing the front leg behind the left arm and hand.
 - The shin of the right leg should be facing forward.
 - The foot of the right leg should be out at a 90° position.
 - Gently allow the hips to come to the floor without allowing any twisting (transverse) movement in the hips.
 - Keep the torso as erect as possible.
 - Bring the hands back by the right foot so that the torso is directly over the hips.
 - Hold this position for 3-6 breaths.
 - Repeat the entire movement for the opposite leg.
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