

Core Slings

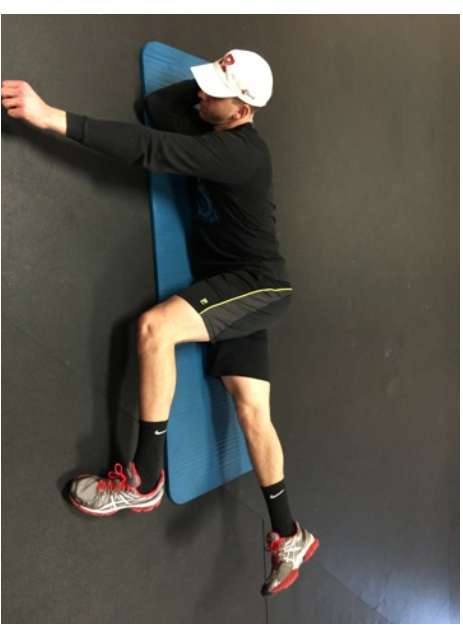
Start by performing 10 repetitions on each side & progress to 2-3 sets of 10.

Remember to engage your core and BREATHE

Lounge and pound



Starting position: Top leg is resting on a pillow/foam roll so that lower leg is parallel to floor



Punch top arm while lifting bottom leg toward the ceiling (while keeping knee straight)

Lounge and pound (alternate)



Push into floor/table with top arm as an alternate to punch. Repeat and switch sides.

Side lying thoracic rotation



Starting position



Open top hand toward the ceiling keeping core tight

Side lying thoracic rotation



Like clock hands, open top arm to the floor and opposite arm up toward the ceiling



Punch up toward the ceiling, return to starting position and start again. Repeat and switch sides.

Skater



Starting position: bend bottom leg to a right ankle, top leg is straight and makes a straight line from shoulder to foot. Bend bottom arm to also make a right angle and hold onto wrist with top arm.



Movement: Pull down with top arm like you are performing a lat pull down and bring your top knee toward elbow.

Skater



Movement: Next, extend leg back to starting position and lift slightly toward ceiling (this should be felt in glutes). Repeat and switch sides.

Side high plank windmill



Starting position: High plank with arm under shoulder, feet one behind the other (top leg behind)



Reach top arm through and back up keeping core tight. Repeat and switch sides.

Rowing dog



Starting position: Hands and knees with core tight



Movement: Lifting opposite arm and leg forward; knee bent into chest and arm straight ahead. Repeat and switch sides.

Rowing dog



Movement: Move arm and leg together, arm coming into side and leg extending behind (try not to arch in low back)

Upside down turtle



Starting position: Lay on back with knees bent up to right angle; cross arm and put on opposite knees

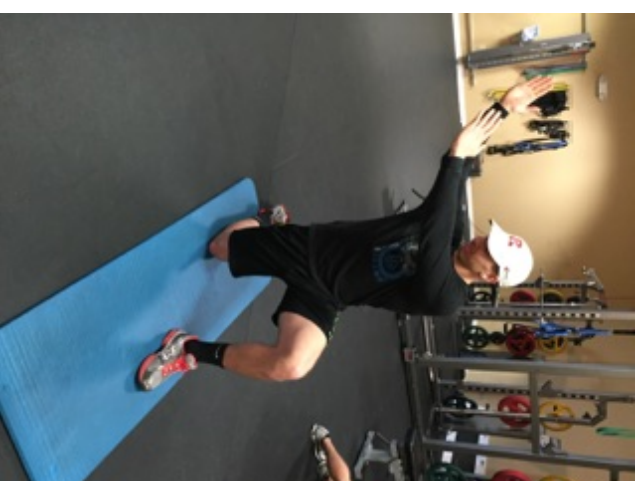


Movement: Keep one arm and knee pushing against one another while reaching the other arm and leg away from one another. Repeat and switch sides.

Kneeling chop thrust

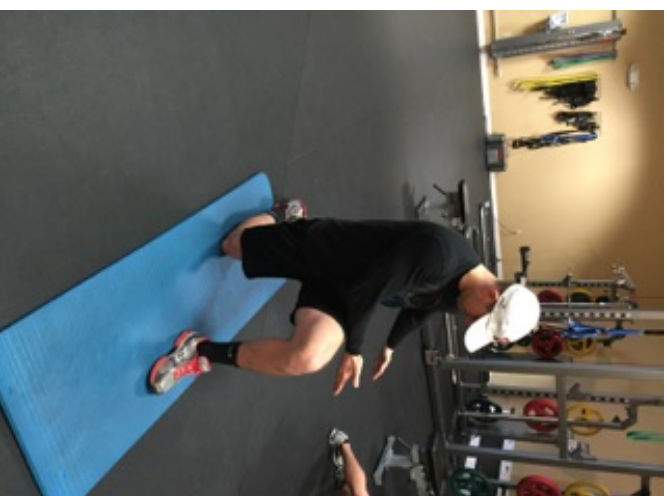


Starting position: Kneeling with other knee at right angle. Arms begin bent in at chest, core engaged.



Loading: rotate arm in a diagonal away from front leg.

Kneeling chop trust



Movement: quickly and forcefully, chop across body to opposite hip while keeping front knee still. Be sure to not allow front knee to come across mid-line (belly button). Repeat and switch sides.