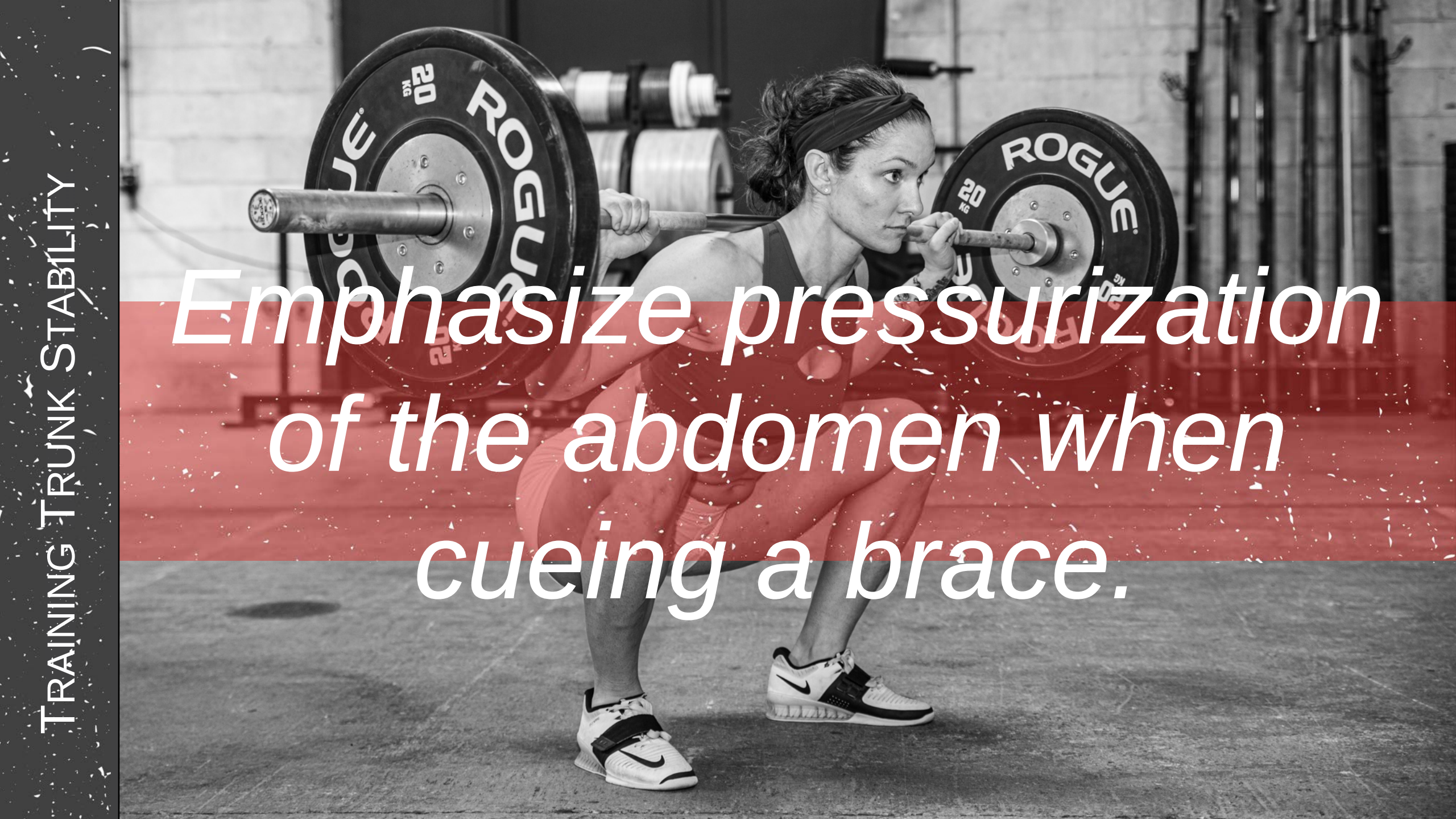


A black and white photograph of a woman in a gym, performing a squat with a barbell. She is wearing a dark tank top, light-colored leggings, and white sneakers. The barbell has two large black weight plates with "ROGUE" and "20 KG" printed on them. A semi-transparent red horizontal band is overlaid across the middle of the image, containing white text.

*Emphasize pressurization
of the abdomen when
cueing a brace.*

*Program **overt**
trunk stability
exercises.*

Rule :

TRAINING TRUNK STABILITY

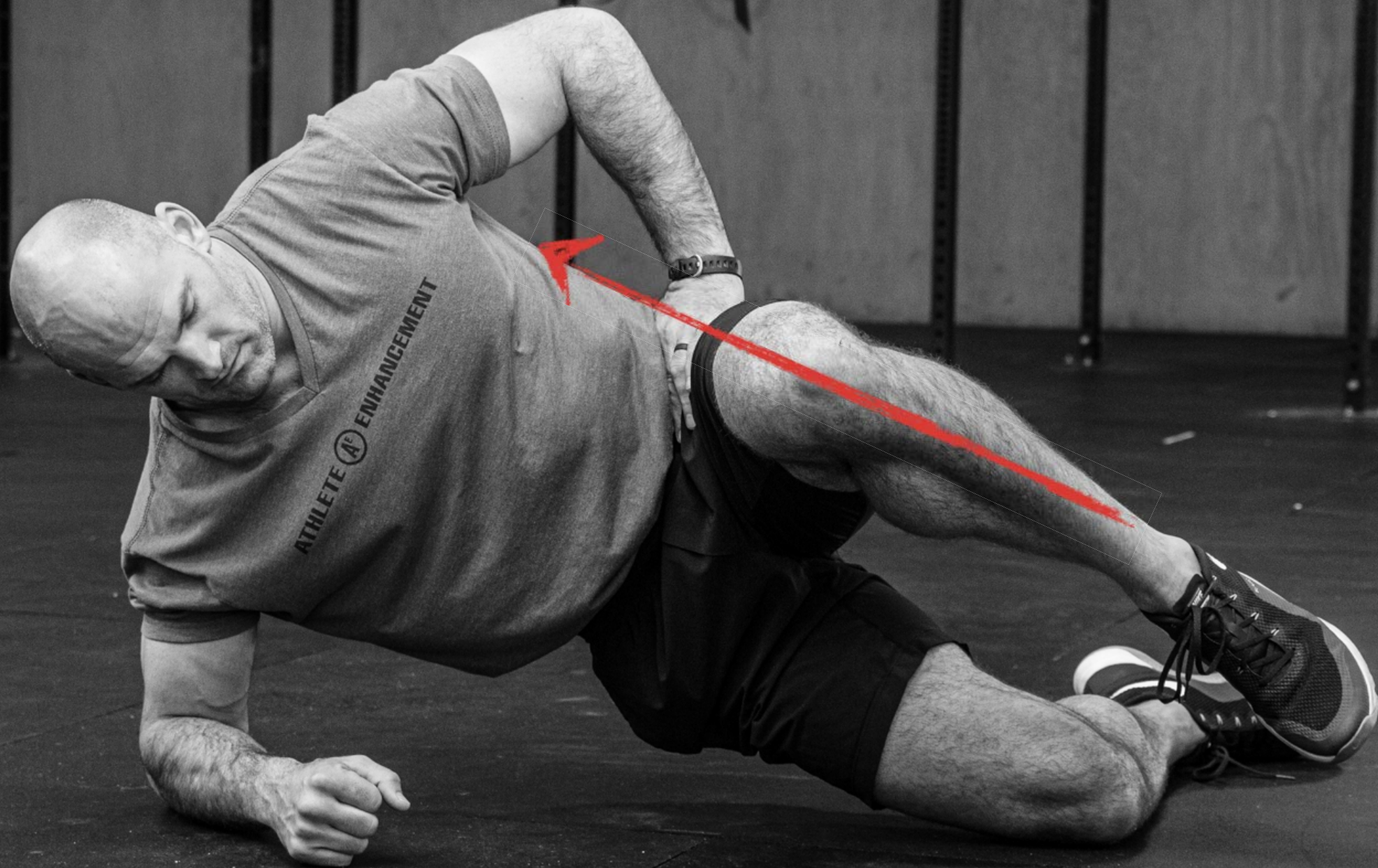


KB Pull-Over in 3 Mo



Modified Hollow

TRAINING TRUNK STABILITY



Side Bridge

A1. Front Squat (3:0:1:0 | 120s) 5 x 8

B1. Single Leg Snatch Grip RDLs
(3:0:3:0 | 60) is 7,7,6,6

C1. Walking Dumb Bell Lunge (n/a |
20s) 5 x 12 each

C2. Alternating S.A. Kettlebell Swings
(n/a | 60s) 5 x 20

T1. 3 Month Pressurized Breathing
(n/a | 0s) 5 x 30sec

A1. Front Squat (3:0:1:0 | 120s) 5 x 6

A2. **3 Month Pressurized Breathing** (n/a | 120s) 5 x 20sec

B1. Single Leg Snatch Grip RDLs (3:0:3:0 | 60) is 7,7,6,6

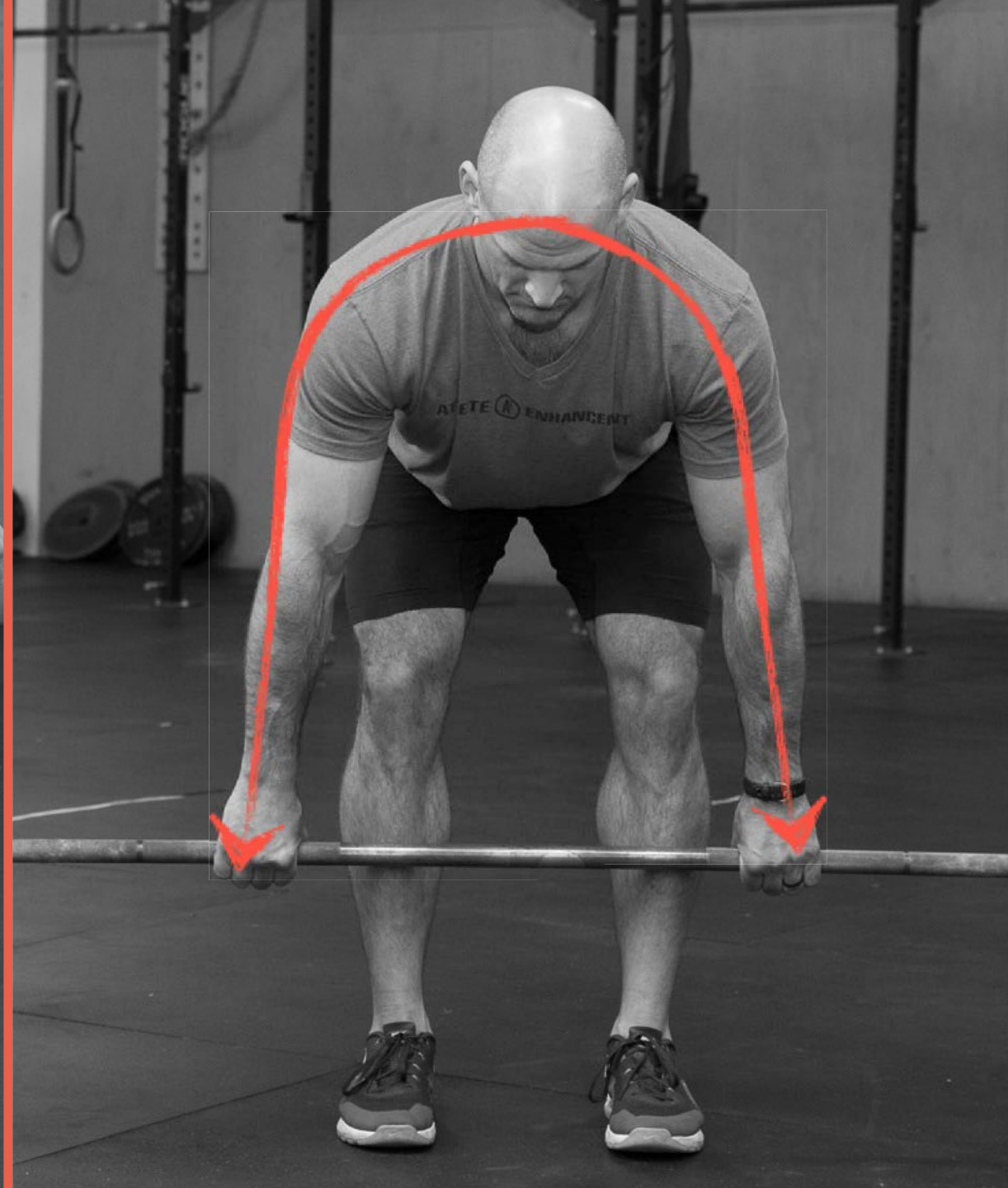
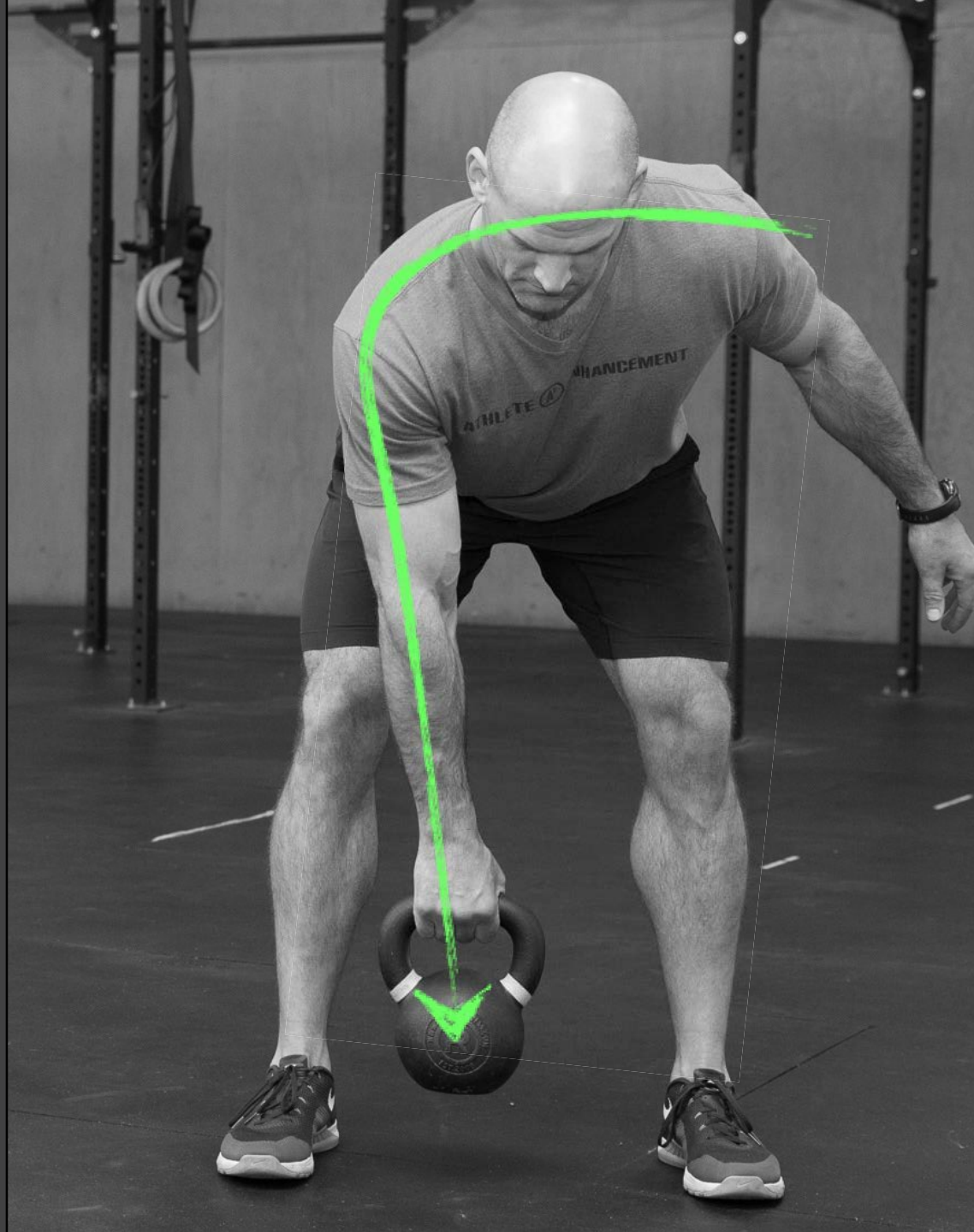
C1. Walking Dumb Bell Lunge (n/a | 20s) 12 each

C2. Alternating S.A. Kettlebell Swings (n/a | 60s) 5 x 20

*Utilize more **unilateral** movements.*

Rule :

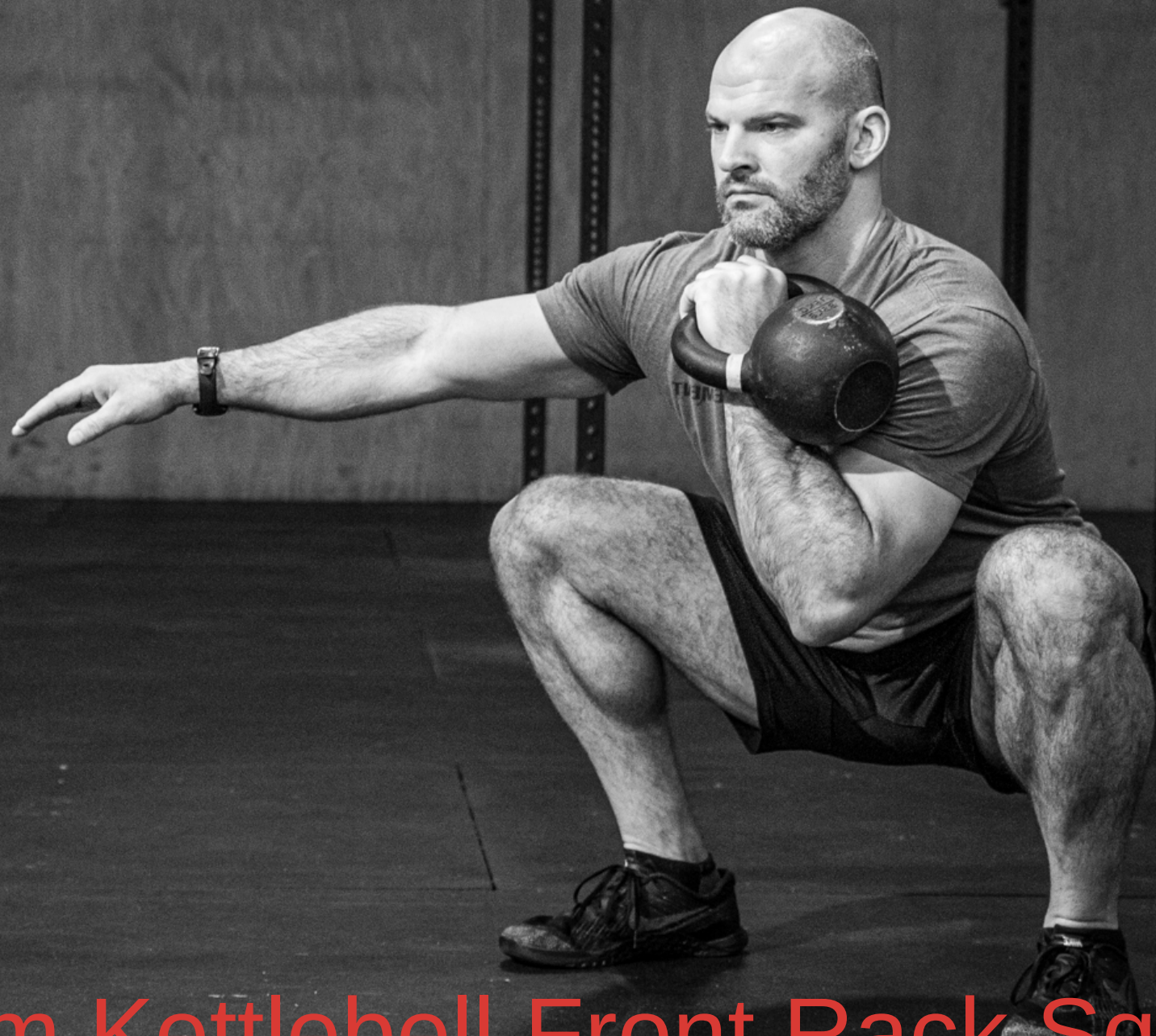
TRAINING TRUNK STABILITY





Single Shoulder Sandbag Squats

TRAINING TRUNK STABILITY



Single Arm Kettlebell Front Rack Squats