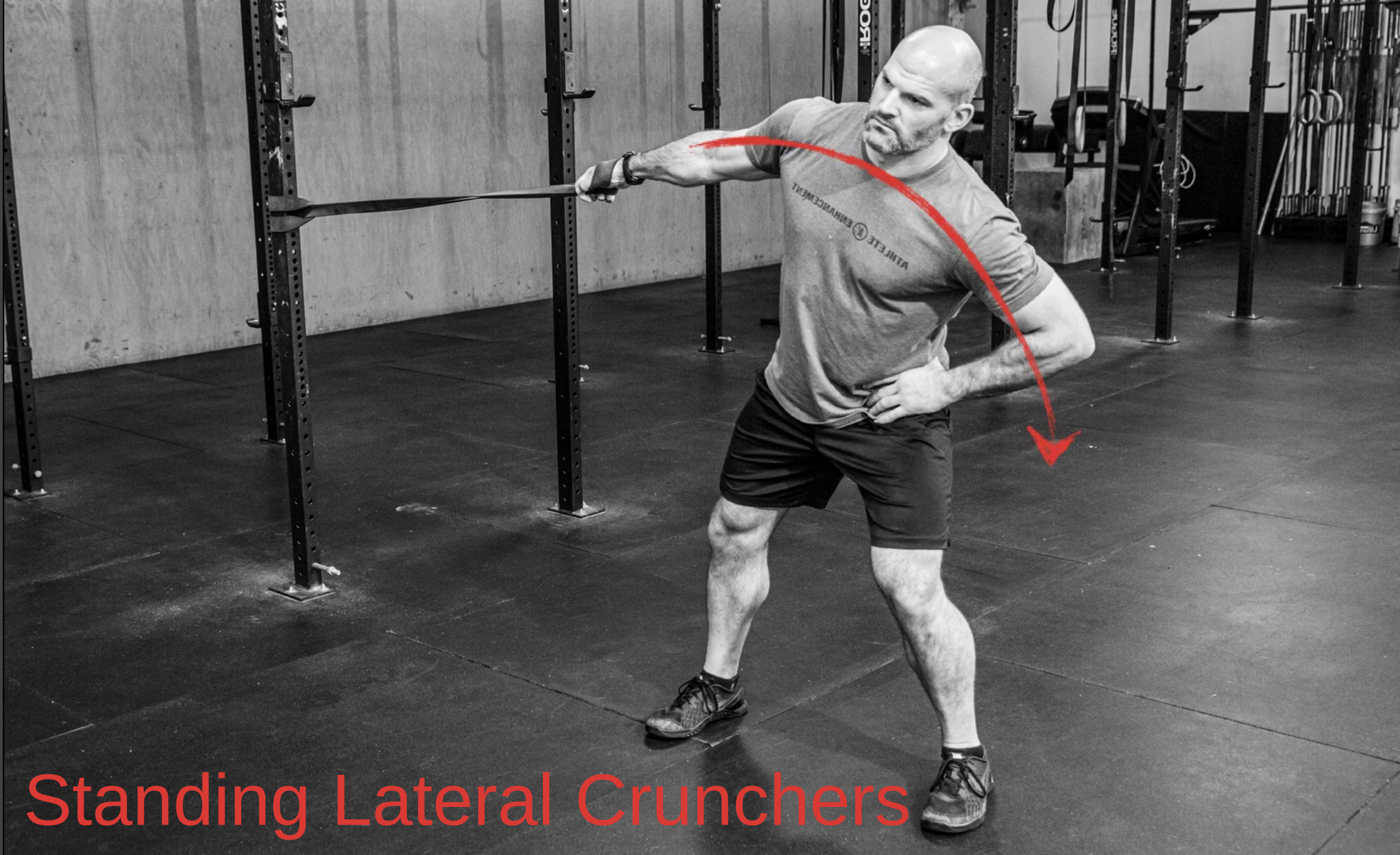




Standing Lateral Crunchers

TRAINING TRUNK STABILITY



Rotational

Cross Crunches



TRAINING TRUNK STABILITY



Turkish Punch-Ups

TRAINING TRUNK STABILITY

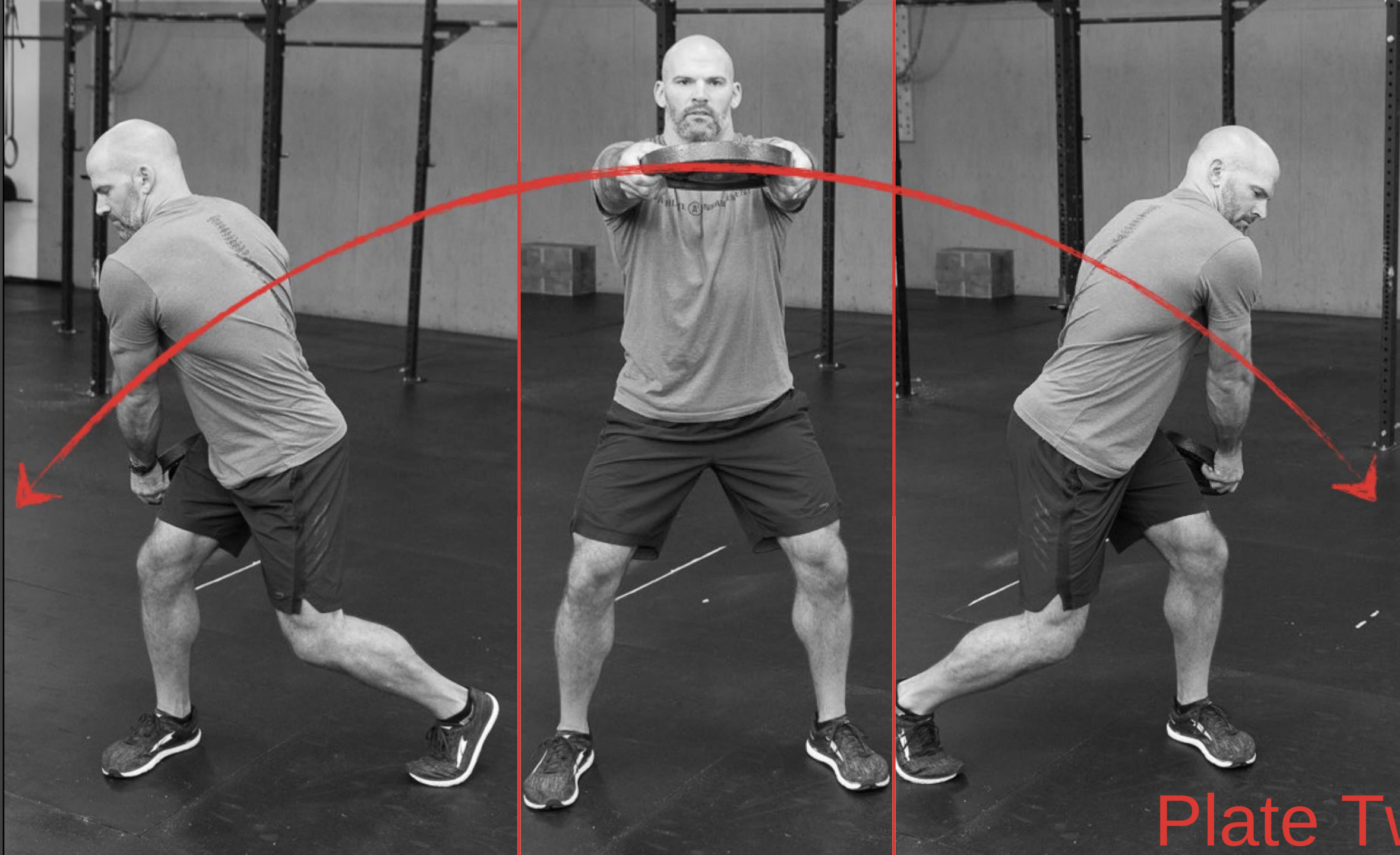


Plate Transfer

A1. **Alternating S.A. Kettlebell Swings** (X
| 120s) *6 x 6 each*

Front Foot Elevated 2-4"
B1. **Front Rack Reverse Lunge** (2E |
120s) *6 x 3 each*

C1. **Single Arm Dumbbell RDLs** (2:0:2:0 |
0s) *4 x 6e*

C2. **Snatch Grip Step-ups** (N | 120s) *4 x
6e*

T1. **Turkish Punch-Ups** (n/a | 0s) *5 x 1
each*

Exam
Power | Lower

Multi-Planar Movements

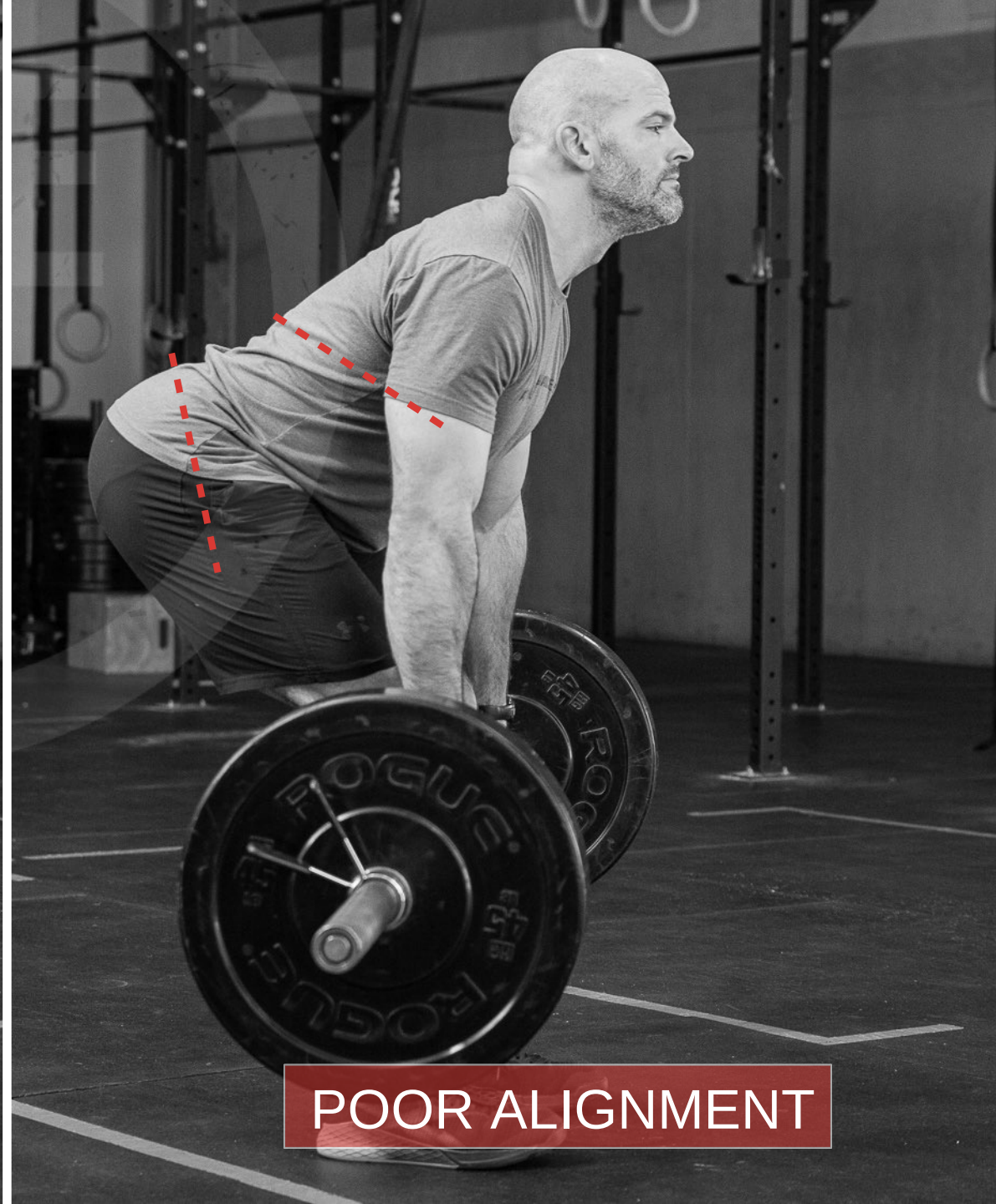
***Modify** the exercises
to better challenge
stability.*

Rule 7

TRAINING TRUNK STABILITY



PROPER ALIGNMENT



POOR ALIGNMENT

TRAINING TRUNK STABILITY



Bench Press in 3 M

A1. Bench Press in 3 Month Position (X | 120s) 6 x 6e

B1. S.A. DB Row in Sumo Stance (2:0:2:0 | 60s) 5 x 10e

C1. S.A. Cable Press in Standing Lunge (5:0:X:0 | 0s) 5 x 12e

D1. Bent Over E-Z Bar Rev. Curls (2:0:1:0 | 180s) 3 x 12-15
Switch position whenever necessary | alternate sides

D2. Barbell Push-Press (5:0:X:0 | 60s) 3 x 10

***Tailor** the trunk
stability training to the
sport/athlete.*

Rule 7

TRAINING TRUNK STABILITY

