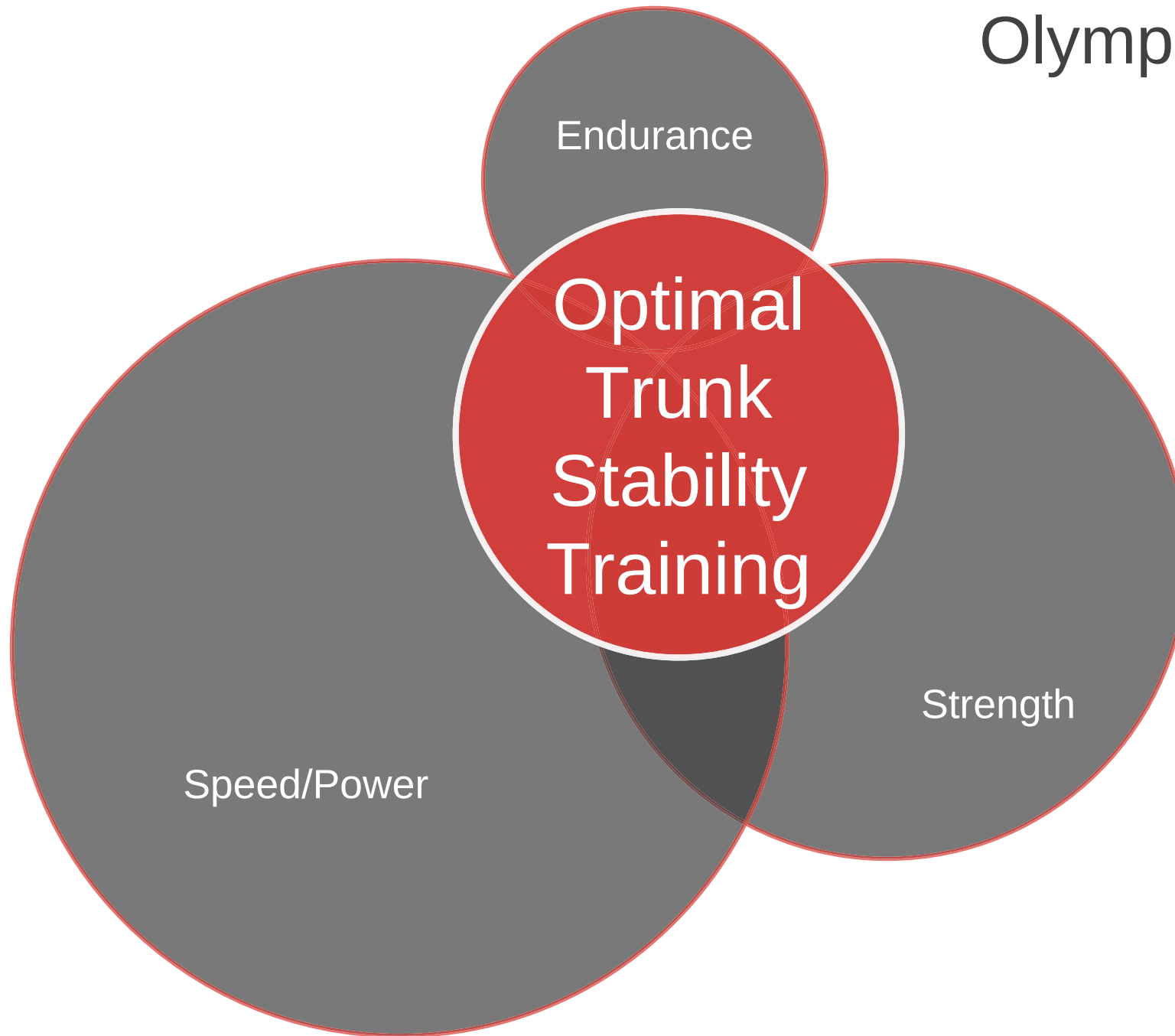
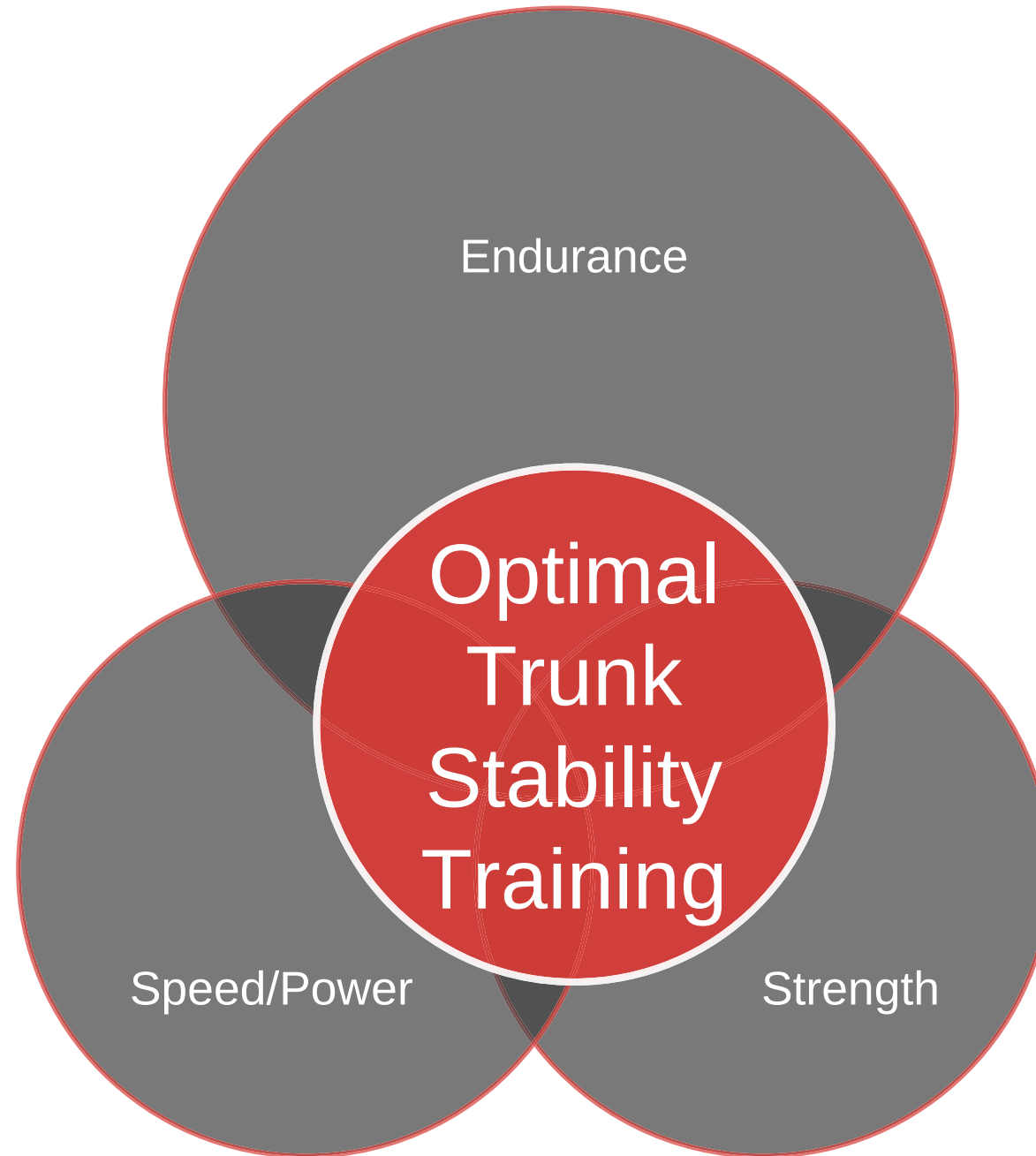
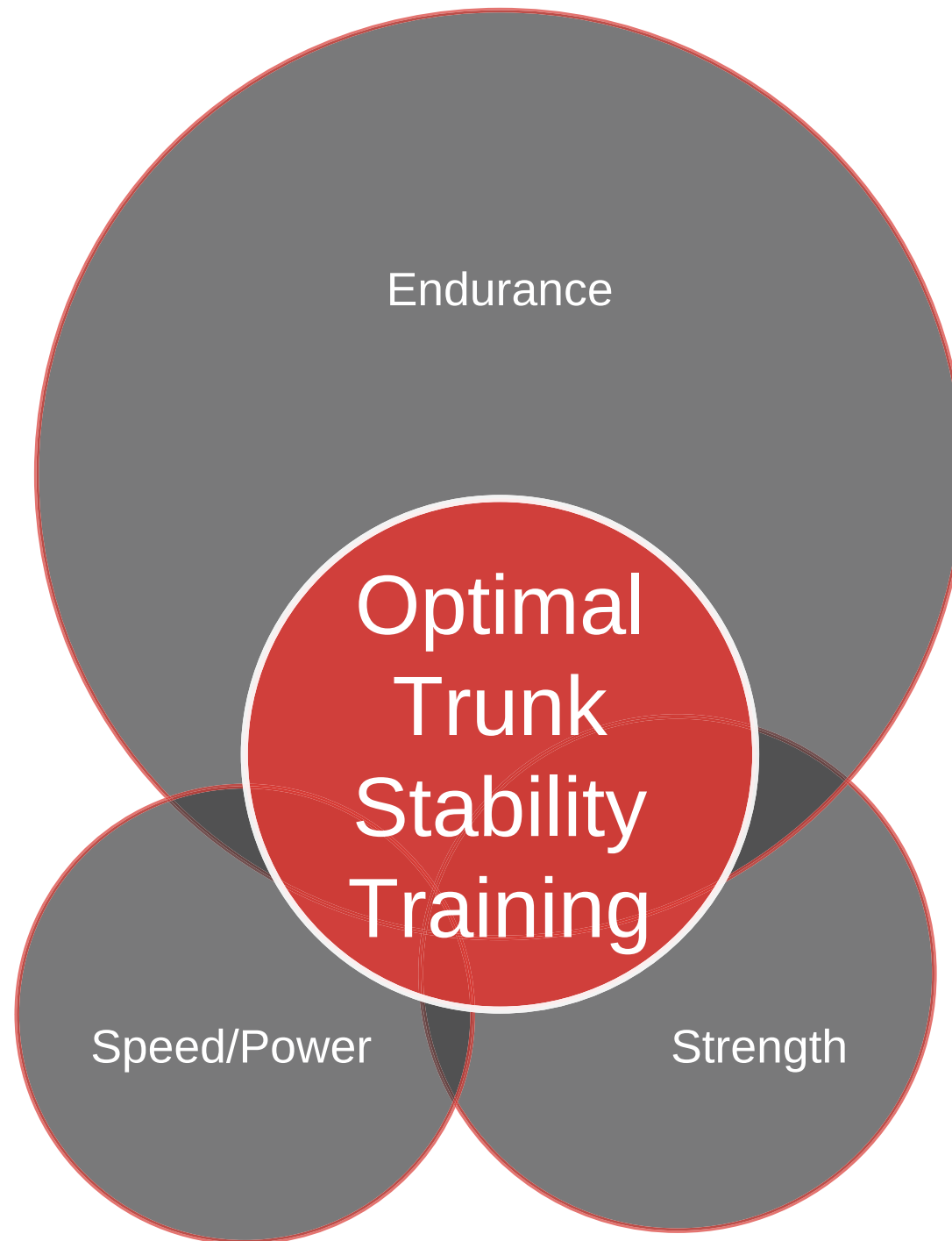




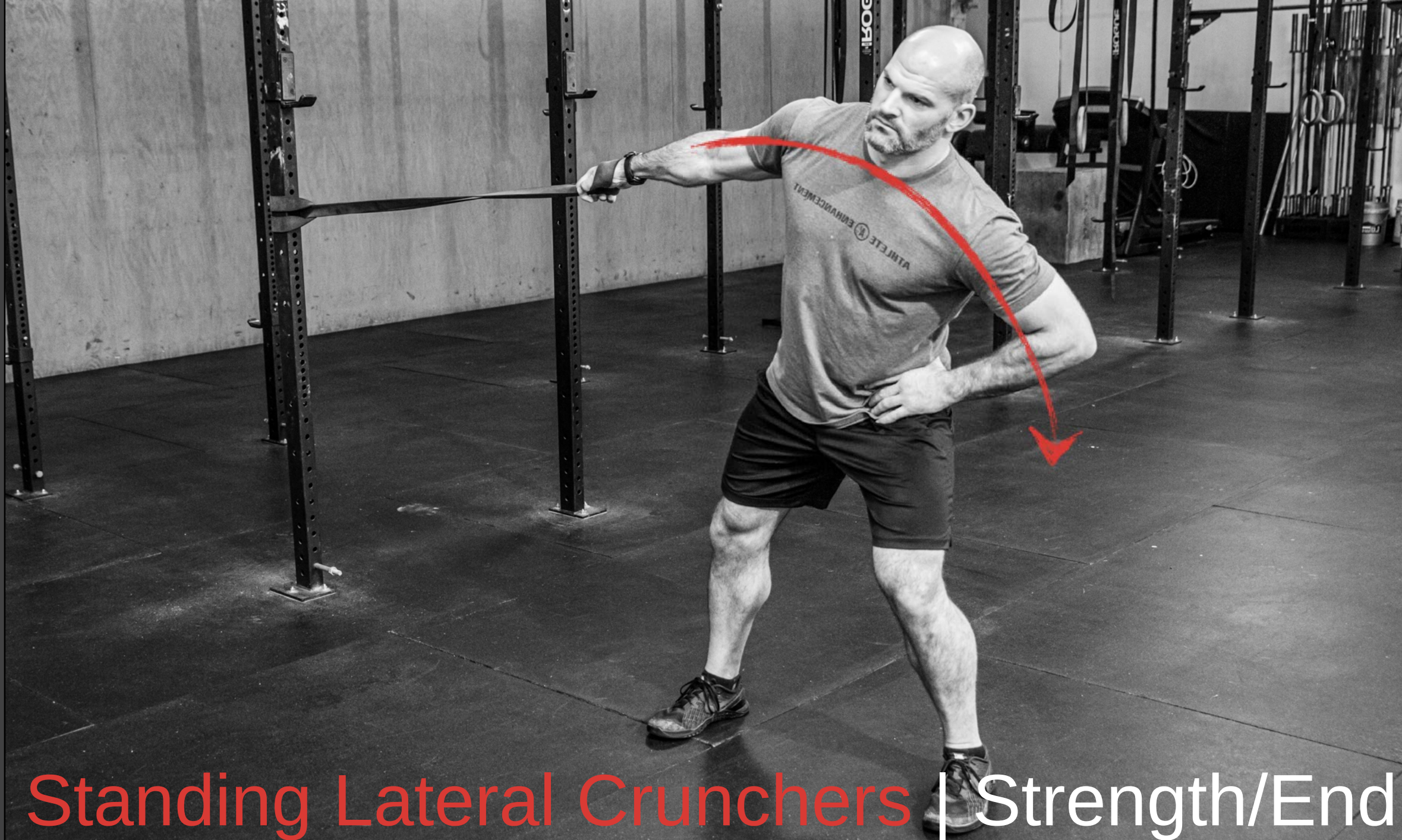




TRAINING TRUNK STABILITY



Kettlebell Swings | Power



Standing Lateral Crunchers | Strength/End

TRAINING TRUNK STABILITY



Waiter Carry | Endurance

A1. Clean + 2 Hang Cleans (X | EMOM) 8
Rounds

B1. Front Rack Reverse Lunge (3E | 120s) 5
x 5e

C1. Single KB Front Rack Rev Lunge (N |
0s) 4 x 6

Alternate sides each round

D1. **3 Month Pull-Over Holds** 8 min x (30s
Work : 30s Rest)

T1. **Banded Lateral Flexions** 8 Round Tabata

Exam
Soccer player

A1. Snatch (X | 180s) 6 x 3

B1. Heavy Snatch Pulls (X | 180) 3 x 3

105-110% of heaviest snatch triple

C1. Back Rack Reverse Lunge (N | 120s) 5
x 5e

D1. Single Arm Dumb Bell RDL (2:0:2:0 | 0s)

Rest 20s between 3 Month Pull-over holds

4 x 6

D2. 3 Month Pull-Over Holds (n/a | 120s) 4 x

Alternate sides each round

(3 x 10 sec)

T1. Heavy Banded Lateral Flexions (15s W : Stability Training

Exam
Olympic Weightlifter

A1. Single Arm Kettlebell Swings (X | 60s) 5
x 20

B1. Modified Sumo Deadlift (5E | 120s) 5 x 5

C1. Single KB Front Rack Rev Lunge (N |
Feet pressing against wall
0s) 4 x 6

C2. **3 Month Pull-Over Holds** (n/a | 60s) 4 x
Alternate sides each round
60s

T1. **Banded Lateral Flexions** (50s W : 10s R)
10 min.

Exam
Olympic Rower

Rule #1: Emphasize **pressurizing** the abdomen when cueing athletes to brace.

Rule #2: Program **overt** trunk stability exercises.

Rule #3: Utilize more **unilateral** movements.

Rule #4: Utilize **odd objects** more frequently.

Rule #5: More **barefoot** training.

Rule #6: Program movements in **all three planes** of motion.

*How often should
I train trunk
stability?*

Every Day!



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