Core Stability and Strength

**Progression One:** Drawing in Isometric hold with limb movement

**Exercise One:**
- Sets __
- Reps ___
- Duration ___

- Drawing in (step 1)
- Drawing in (step 2)
- Bridging

1. ![Image](image1.png)
2. ![Image](image2.png)
3. ![Image](image3.png)

**Exercise Two:**
- Sets __
- Reps ___
- Duration ___

- Supine leg slide
- Single leg knee to chest
- Supine single leg bridge
  - Don’t hold leg

1. ![Image](image4.png)
2. ![Image](image5.png)
3. ![Image](image6.png)
Exercise Three: Sets ___ Reps ___ Duration ___

1. Prone ISO Hold
2. ISO hold with Extension
3. ISO hold with hip abduction

F. Pecha ATC ’05

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Progression Two: Movement specific

Exercise One: Sets ___ Reps ___ Duration ___

1. Supine Trunk Rotations (step 1)
2. Supine Trunk rotations (step 2)
Exercise Two: Sets ___ Reps ___ Duration ___
V-Up (step 1)   V-Up (step 2)

1.  
2.  

[Images of V-Up exercises]