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## CLAFitness Stabilization Strength/Balance 2:1

This group of exercises works on your rotational strength and stabilization particularly while challenging your balance. This helps to stabilize your hips and spine and generate power. Do these slowly and in control and work to feel them where specified.

### Gear Needed: Dumbbells & Band

Do each exercise once as directed. If you have time, repeat the series.

Exercise	Repetitions
Bridge, raise and lower both feet on floor	1 x 10
Bird Dogs	1 x 10 each side
Side Plank	Hold for 30 - 60 seconds
Kneeling Pallof Press with Band - either half kneeling or full kneeling	1 x 10-12 each side
Single Leg Balance and Leg Reach	1 x 10 each side
Woodchop with Dumbbell - Standing Single Leg	1 x 10 each side
Standing T	1 x 15 each side

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# Bridge

**Equipment: None**

Lie on your back, bend your legs bringing your feet towards your butt.

Engage core and push through your heels to raise your hips off the ground. Keep your body in a straight line as you engage your core. Slowly bring back down one vertebrae at a time. Repeat.

If you feel this exercise in your hamstrings or low back instead of your glutes, try shifting your feet closer to your butt or farther away. Your low back should not be arched.

This exercise works your glutes and core stabilizers.



Bridge



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# Bird Dogs

**Equipment: None**

Start on all fours with the head, neck and spine in a neutral position, hands under your shoulders and knees under your hips. Brace your core. Slowly extend one leg behind while simultaneously reaching forward with your opposite arm. Your spine and hips should remain stable with no twisting. Switch sides making sure that your hips do not rock as you transition from one side to the next.

Do these slowly and in control and work to feel this exercise in your core. Your leg should not lift so high that your back arches or your hips twist.

This exercise works your core, back and balance.



Bird Dogs



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# Side Plank

**Equipment: None**

Rest on your side with elbow directly under your shoulder. Engage your core. Lift hips so body is in a straight line.

Do not let your hips sag. Keep your head and neck in alignment.

This exercise can also be done from your knees (bend legs) and elbow or hand.

This works your entire core but your oblique muscles in particular. This also works your back muscles.



Side Plank



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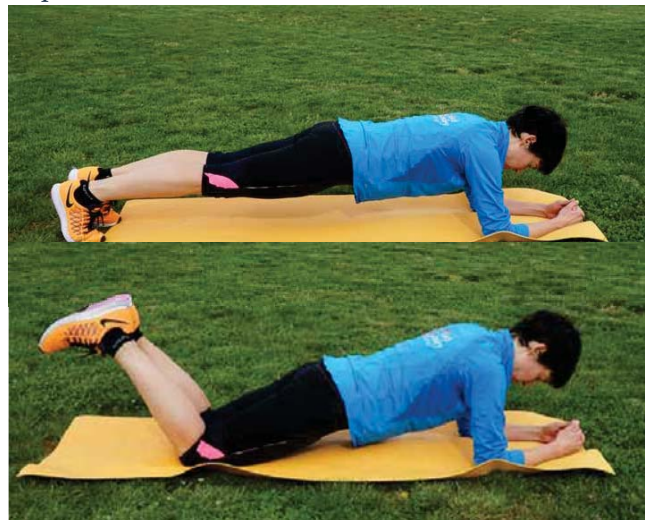
# Front Plank

**Equipment: None**

Hold elbows or hands directly under your shoulder and lift your body into a straight line from your shoulders to your heels. Or you may hold a front plank from your knees. Maintain the straight body position without letting your hips sag or your butt rise by keeping your core engaged as well as your glutes, hamstrings and quads active.

Keep your neck and head in alignment. Don't forget to breathe while holding that tight core.

This exercise works your core, glutes, and back.



Front Plank



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## Half Kneeling Pallof Press with Band

**Equipment:** Exercise Band or Tubing

Attach a band to something sturdy at shoulder height as you are kneeling. Assume a half kneeling pose. Your front leg should be bent to 90 degrees with your knee directly over your ankle. Your hips should be directly over your knee that is on the ground. Maintain proper back and hip alignment (no excessive arch in low back).

Hold band with both hands, put tension on the band and bring your hands to your chest. Focus on maintaining a strong core and press both hands out and away from your chest. Pause and then slowly bring your hands back to your chest. Pause. Repeat as directed. Switch Sides

Stay upright and do not let your upper body or hips twist or move. This exercise can be done in half kneeling pose as shown or in full kneeling pose.



Half Kneeling Pallof Press with Band

This exercise works core, all of it.



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## Single Leg Balance & Leg Reach

**Equipment:** None

Stand with feet shoulder-width apart. Brace your core.

Keep your right leg straight and lift it up and balance on your left foot for 5 seconds. Bring leg to standing leg but do not touch your foot down. Next move your right leg out to the side and hold for 5. Next do a hurdler motion with the same right leg. Do all three motions without touching your foot down.

Switch sides.

This exercise works your core and small stabilizing muscles throughout your lower body while challenging your balance.



Single Leg Balance & Leg Reach



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# Woodchop with Dumbbell – Standing Single Leg

**Equipment:** Dumbbell or Medicine Ball

Stand with feet shoulder-width apart. Brace your core. Lift your left leg and balance on your right foot making sure your hips and shoulders stay level.

Hold the dumbbell or medicine ball to the left of your body. With a deliberate movement, bring the dumbbell up diagonally across your body and down to your left side like you would if chopping wood. Make sure the standing leg knee stays in line with the toes.

Switch sides.

This exercise works your core and, in particular, your oblique (side) abs while challenging your balance.



Woodchop with Dumbbell – Standing Single Leg



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# Standing T

**Equipment:** None or with Dumbbells

Stand on one leg with the other foot slightly off the ground holding lighter dumbbells in each hand at sides. Hinge at the hips extending the lifted leg straight behind while letting dumbbells move directly under your body. Keep your core engaged, back straight and knee of supporting leg slightly bent. Keep hip and knee of lifted leg extended throughout movement. Hips should stay level.

Slowly return to the original position by raising torso while lowering lifted leg while engaging glute muscle of standing leg. Work to feel it in your glute. Repeat.

This exercise can also be done without dumbbells but dumbbells can often provide additional stability.

This exercise works on single leg balance, flexibility, glutes, back muscles and core.



Standing T – Single Leg Deadlift



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