

# ISOMETRIC CORE TRAINING



### 1 Prone Plank

Place the forearms on the ground, keeping the elbows under the shoulders with balls of the feet on the floor. Raise the hips up so that it is in line with the torso



**Progression:** Torsional Buttress



**Regression:** with knees on ground



**Stability:** Swiss-ball plank with perturbation



**External Resistance:** Sandbag pull



### 2 Side Plank

Place the forearms on the ground, keeping the elbows under the shoulders with side of the feet on the floor. Raise the hips up so that it is in line with the torso



**Progression:** with knee flexion



**Regression:** with knees on ground



**Stability:** with perturbation



**External Resistance:** with banded pull

## Bodyweight Exercises



### 3 Bird Dog

Get on all fours with knees on the floor. Raise the alternate arm and leg keeping the hips inline with the torso.



**Progression:** with knees slightly off the



**Regression:** raising only single limb



**Stability:** with narrower base of support



**Progression:** with wrist or/and ankle weights





### 4 Dead Bug

Lie on your back with arms extended upwards so that it is inline with the shoulder and legs raise so that the knees are inline with the hip. Keep the lower legs parallel with the floor



**Progression:** with crunch



**Regression:** with one limb on floor



**Stability:** with perturbation



**External Resistance:**  
Banded Dead Bugs

## Weighted Exercises



### 1 Farmers Walk

Hold two dumbbells/kettlebells while walking forward maintaining a rigid core



### Progression 1: Suitcase carry



### Progression 2: Suitcase carry with single arm swing



### Progression 3: Suitcase carry with single arm swing and switching of arms

## Weighted Exercises



### 2 Paloff Press

Stand with a band looped in between clasped palms. Start with the band close to your chest and press the band outwards away from your chest.



### Progression 1: with weights



### Progression 2: with side step



### Progression 3: with heavier band