1. **Supine Breathing**

Goal:

* Improve breathing mechanics
* Engage core
* Reduce pain/symptoms

Cues:

* Start lying flat on your back
* Knees bent, feet flat
* Arms straight down by your sides, palms facing up
* Slightly pull your chin back into a tucked position
* Make sure your low back is flat
* From here, slightly reach straight down with your hands like you are reaching towards your heels (this will engage your lats)
* Now take deep breaths in and out
* Try to fill your abdomen all the way around when breathing in (front and deep on the sides)
* Focus on this throughout
* Try to relax as you breathe
* Avoid arching your low back
* Repeat

Where you should feel it:

* Should be relaxing
* Ease your pain
* In the core

Video/pictures: <https://www.instagram.com/reel/C6czhsyLTqj/?igsh=NTc4MTIwNjQ2YQ==>

**2. Dead Bug Breathing/Holds**

Goal:

* Improve breathing mechanics
* Engage core
* Reduce pain

Cues:

* Lay flat on your back
* Bend your knees, feet flat
* Slightly pull your chin back into a tucked position
* Engage your lats, slightly pull your shoulders down towards your hips (creating space between your ears and shoulders)
* Keep your back flat
* From here, bring your arms straight in front of you, pointing your the sky
* Next, lift your feet up, bend the hips and knees to 90 degrees
* Hold this position for breaths
* Try to fill your abdomen all the way around when breathing in (front and deep on the sides)
* Focus on this throughout
* Try to relax as you breathe
* Avoid arching your low back
* Avoid letting your shoulders shrug towards your ears
* Avoid letting your legs drop

Where you should feel it:

* Core

Video/pictures: <https://www.instagram.com/reel/C6prgoeSAkB/?igsh=NTc4MTIwNjQ2YQ==>

**3. Dead Bug w/ Alternating Overhead Arm Movement**

Goal:

* Engage and strengthen core
* Keep core engaged through overhead movements

Cues:

* Lay flat on your back
* Bend your knees, feet flat
* Slightly pull your chin back into a tucked position
* Engage your lats, slightly pull your shoulders down towards your hips (creating space between your ears and shoulders)
* Keep your back flat
* From here, bring your arms straight in front of you, pointing your the sky
* Next, lift your feet up, bend the hips and knees to 90 degrees
* Try to fill your abdomen all the way around when breathing in (front and deep on the sides)
* Focus on this throughout
* Now slowly bring one arm overhead while holding everything else in position
* Bring that arm back to the starting point
* Repeat with the other arm
* Alternate for reps
* Keep the motion slow and controlled
* Keep the core engaged
* Avoid arching your low back
* Avoid letting your shoulders shrug towards your ears
* Avoid letting your legs drop

Where you should feel it:

* Core
* Shoulders
* Lats

Video/pictures: <https://www.instagram.com/reel/C6prgoeSAkB/?igsh=NTc4MTIwNjQ2YQ==>

**4. Dead Bug w/ Alternating Leg Extension**

Goal:

* Engage and strengthen core
* Keep core engaged through leg movements

Cues:

* Lay flat on your back
* Bend your knees, feet flat
* Slightly pull your chin back into a tucked position
* Engage your lats, slightly pull your shoulders down towards your hips (creating space between your ears and shoulders)
* Keep your back flat
* From here, bring your arms straight in front of you, pointing your the sky
* Next, lift your feet up, bend the hips and knees to 90 degrees
* Try to fill your abdomen all the way around when breathing in (front and deep on the sides)
* Focus on this throughout
* Now slowly extend one leg straight out and down while holding everything else in position
* Bring that leg back to the starting point
* Repeat with the other leg
* Alternate for reps
* Keep the motion slow and controlled
* Keep the core engaged
* Avoid arching your low back
* Avoid letting your shoulders shrug towards your ears
* Avoid letting your legs drop

Where you should feel it:

* Core
* Shoulders
* Lats
* Hips

Video/pictures: <https://www.instagram.com/reel/C6prgoeSAkB/?igsh=NTc4MTIwNjQ2YQ==>

**5. Dead Bug w/ Alternating Overhead Arm Movement and Opposite Leg Extension**

Goal:

* Engage and strengthen core
* Keep core engaged through overhead arm movements and leg movements

Cues:

* Lay flat on your back
* Bend your knees, feet flat
* Slightly pull your chin back into a tucked position
* Engage your lats, slightly pull your shoulders down towards your hips (creating space between your ears and shoulders)
* Keep your back flat
* From here, bring your arms straight in front of you, pointing your the sky
* Next, lift your feet up, bend the hips and knees to 90 degrees
* Try to fill your abdomen all the way around when breathing in (front and deep on the sides)
* Focus on this throughout
* Now slowly bring one arm overhead while simultaneously slowly extending the opposite leg straight out and down, while holding the other arm/leg in position
* Slowly bring those both back to the starting point
* Repeat with the other arm/leg
* Alternate for reps
* Keep the motion slow and controlled
* Keep the core engaged
* Avoid arching your low back
* Avoid letting your shoulders shrug towards your ears
* Avoid letting your legs drop

Where you should feel it:

* Core
* Shoulders
* Lats

Video/pictures: <https://www.instagram.com/reel/C6prgoeSAkB/?igsh=NTc4MTIwNjQ2YQ==>

**6. Bird Dog w/ Alternating Overhead Movement**

Goal:

* Engage and strengthen core
* Keep core engaged through overhead movements

Cues:

* Get on your hands and knees
* Hands directly below your shoulders
* Knees directly below your hips
* Slightly pull your chin back into a tucked position
* Engage your lats, slightly pull your shoulders down towards your hips (creating space between your ears and shoulders)
* Keep your back flat
* Brace your core all the way around
* Try to fill your abdomen all the way around when breathing in (front and deep on the sides)
* Focus on this throughout
* Now slowly lift one arm overhead while holding everything else in position
* Bring that arm back to the starting point
* Repeat with the other arm
* Alternate for reps
* Keep the motion slow and controlled
* Keep the core engaged
* Avoid arching your low back
* Avoid letting your shoulders shrug towards your ears
* Avoid swaying/rotating side to side

Where you should feel it:

* Core
* Shoulders
* Lats

Video/pictures: <https://www.instagram.com/reel/C67hnryS4es/?igsh=NTc4MTIwNjQ2YQ==>

**7. Bird Dog w/ Alternating Leg Extension**

Goal:

* Engage and strengthen core
* Keep core engaged through overhead movements

Cues:

* Get on your hands and knees
* Hands directly below your shoulders
* Knees directly below your hips
* Slightly pull your chin back into a tucked position
* Engage your lats, slightly pull your shoulders down towards your hips (creating space between your ears and shoulders)
* Keep your back flat
* Brace your core all the way around
* Try to fill your abdomen all the way around when breathing in (front and deep on the sides)
* Focus on this throughout
* Now slowly extend one leg back behind you, while holding everything else in position
* Then slowly bring that arm leg to the starting point
* Repeat with the other leg
* Alternate for reps
* Keep the motion slow and controlled
* Keep the core engaged
* Avoid arching your low back
* Avoid letting your shoulders shrug towards your ears
* Avoid swaying/rotating side to side

Where you should feel it:

* Core
* Shoulders
* Lats
* Glutes

Video/pictures: <https://www.instagram.com/reel/C67hnryS4es/?igsh=NTc4MTIwNjQ2YQ==>

**8. Bird Dog w/ Alternating Overhead Arm Movement and Opposite Leg Extension**

Goal:

* Engage and strengthen core
* Keep core engaged through overhead movements

Cues:

* Get on your hands and knees
* Hands directly below your shoulders
* Knees directly below your hips
* Slightly pull your chin back into a tucked position
* Engage your lats, slightly pull your shoulders down towards your hips (creating space between your ears and shoulders)
* Keep your back flat
* Brace your core all the way around
* Try to fill your abdomen all the way around when breathing in (front and deep on the sides)
* Focus on this throughout
* Now slowly lift one arm overhead while extending the opposite side leg straight back
* Slight pause at the top
* Then slowly bring that arm and leg back to the starting point
* Repeat with the other side
* Alternate for reps
* Keep the motion slow and controlled
* Keep the core engaged
* Avoid arching your low back
* Avoid letting your shoulders shrug towards your ears
* Avoid swaying/rotating side to side

Where you should feel it:

* Core
* Shoulders
* Lats
* Glutes

Video/pictures: <https://www.instagram.com/reel/C67hnryS4es/?igsh=NTc4MTIwNjQ2YQ==>

**9. Farmer Carry**

Goal:

* Stabilize and strengthen the core
* Stabilize and strengthen shoulders and upper back

Cues:

* You will need dumbbells, kettlebells, or any kind of weight to hold in each hand
* Start standing, arms straight down to your side, holding weights in each hand
* Stand nice and tall
* Chest up and big
* Lats engaged (shoulders slightly pulled down and back)
* Core engaged all the way around (abs and sides tight)
* Keep this position throughout
* Now walk normally for distance or time
* Make sure you are walking with a normal base (don’t let your feet move in line)

Where you should feel it:

* Core
* Shoulders
* Upper back
* Hips/legs
* Forearms
* Hands

Video/pictures: <https://www.instagram.com/reel/C6h74ULrvZ4/?igsh=NTc4MTIwNjQ2YQ==>

**10. Suitcase Carry**

Goal:

* Stabilize and strengthen the core
* Stabilize and strengthen shoulders and upper back

Cues:

* You will need a dumbbell, kettlebell, or any kind of weight to hold in one hand
* Start standing, arms straight down to your side, holding a weight in one hand
* Stand nice and tall
* Chest up and big
* Lats engaged (shoulders slightly pulled down and back)
* Core engaged all the way around (abs and sides tight)
* Keep this position throughout
* Now walk normally for distance or time
* Switch hands and repeat
* You will feel this most on the side opposite of the side you are holding the weight on
* Make sure you are walking with a normal base (don’t let your feet move in line)

Where you should feel it:

* Core
* Shoulders
* Upper back
* Hips/legs
* Forearms
* Hands

Video/pictures: <https://www.instagram.com/reel/C6483IogxLe/?igsh=NTc4MTIwNjQ2YQ==>

**11. Rack Carry**

Goal:

* Stabilize and strengthen the core
* Stabilize and strengthen shoulders and upper back

Cues:

* You will need dumbbells, kettlebells, or any kind of weight to hold in each hand
* Start standing, arms straight down to your side, holding weights in each hand
* Stand nice and tall
* Chest up and big
* Lats engaged (shoulders slightly pulled down and back)
* Core engaged all the way around (abs and sides tight)
* Keep this position throughout
* Next, bring the weights up and hold in front of your chest/collar bones
* Elbows tucked below wrists/hands
* Now walk for distance or time
* Make sure you are walking with a normal base (don’t let your feet move in line)
* Avoid letting your elbows flare out to the side

Where you should feel it:

* Core
* Shoulders
* Upper back
* Hips/legs
* Forearms
* Hands

Video/pictures: <https://www.instagram.com/reel/C7DQo6HvAlS/?igsh=NTc4MTIwNjQ2YQ==>

**12. Unilateral Rack Carry**

Goal:

* Stabilize and strengthen the core
* Stabilize and strengthen shoulders and upper back

Cues:

* You will need a dumbbell, kettlebell, or any kind of weight to hold in one hand
* Start standing, arms straight down to your side, holding weight in one hand
* Stand nice and tall
* Chest up and big
* Lats engaged (shoulders slightly pulled down and back)
* Core engaged all the way around (abs and sides tight)
* Keep this position throughout
* Next, bring the weight up and hold in front of your chest/collar bone
* Other arm stays straight down by your side
* Elbow tucked below wrist/hand
* Now walk for distance or time
* Make sure you are walking with a normal base (don’t let your feet move in line)
* Avoid letting your elbow flare out to the side

Where you should feel it:

* Core
* Shoulders
* Upper back
* Hips/legs
* Forearms
* Hands

Video/pictures: <https://www.instagram.com/reel/C7kwHQkPSOD/?igsh=NTc4MTIwNjQ2YQ==>

**13. Offset Rack Carry**

Goal:

* Stabilize and strengthen the core
* Stabilize and strengthen shoulders and upper back

Cues:

* You will need dumbbells, kettlebells, or any kind of weights to hold in each hand
* Start standing, arms straight down to your side, holding weights in each hand
* Stand nice and tall
* Chest up and big
* Lats engaged (shoulders slightly pulled down and back)
* Core engaged all the way around (abs and sides tight)
* Keep this position throughout
* Next, bring one weight up and hold in front of your chest/collar bone
* Other arm stays straight down by your side
* Elbow tucked below wrist/hand
* Now walk for distance or time
* Switch arms and repeat
* Make sure you are walking with a normal base (don’t let your feet move in line)
* Avoid letting your elbow flare out to the side

Where you should feel it:

* Core
* Shoulders
* Upper back
* Hips/legs

Video/pictures: <https://www.instagram.com/reel/C7X0p9Vvb6t/?igsh=NTc4MTIwNjQ2YQ==>

**14. Overhead Carry**

Goal:

* Stabilize and strengthen the core
* Stabilize and strengthen shoulders and upper back

Cues:

* You will need dumbbells, kettlebells, or any kind of weights to hold in each hand
* Start standing, arms straight down to your side, holding weights in each hand
* Stand nice and tall
* Chest up and big
* Lats engaged (shoulders slightly pulled down and back)
* Core engaged all the way around (abs and sides tight)
* Keep this position throughout
* Next, bring the weights up and hold shoulder width apart up overhead
* Elbows/shoulders tucked below wrists/hands
* Now walk for distance or time
* Make sure you are walking with a normal base (don’t let your feet move in line)
* Avoid letting your elbows/arms flare out to the side
* Avoid arching your low back

Where you should feel it:

* Core
* Shoulders
* Upper back
* Hips/legs

Video/pictures: <https://www.instagram.com/reel/C72zUUWSTF2/?igsh=NTc4MTIwNjQ2YQ==>

**15. Unilateral Overhead Carry**

Goal:

* Stabilize and strengthen the core
* Stabilize and strengthen shoulders and upper back

Cues:

* You will need a dumbbell, kettlebell, or any kind of weight to hold in one hand
* Start standing, arms straight down to your side, holding weight in one hand
* Stand nice and tall
* Chest up and big
* Lats engaged (shoulders slightly pulled down and back)
* Core engaged all the way around (abs and sides tight)
* Keep this position throughout
* Next, bring the weight up and hold shoulder width apart up overhead
* Other arm stays straight down by your side
* Elbow/arm tucked below wrist/hand
* Now walk for distance or time
* Make sure you are walking with a normal base (don’t let your feet move in line)
* Avoid letting your elbow/arm flare out to the side
* Avoid crying your low back

Where you should feel it:

* Core
* Shoulders
* Upper back
* Hips/legs

Video/pictures: <https://www.instagram.com/reel/C8LX9vRSXxS/?igsh=NTc4MTIwNjQ2YQ==>

**16. Offset Overhead Carry** 🎥

Goal:

* Stabilize and strengthen the core
* Stabilize and strengthen shoulders and upper back

Cues:

* You will need dumbbells, kettlebells, or any kind of weights to hold in each hand
* Start standing, arms straight down to your side, holding weights in each hand
* Stand nice and tall
* Chest up and big
* Lats engaged (shoulders slightly pulled down and back)
* Core engaged all the way around (abs and sides tight)
* Keep this position throughout
* Next, bring one weight up and hold shoulder width apart overhead
* Other arm stays straight down by your side
* Elbow/arm tucked below wrist/hand
* Now walk for distance or time
* Switch arms and repeat
* Make sure you are walking with a normal base (don’t let your feet move in line)
* Avoid letting your elbow/arm flare out to the side
* Avoid arching your low back

Where you should feel it:

* Core
* Shoulders
* Upper back
* Hips/legs

Video/pictures:

**17. Paloff Press** 🎥

Goal:

* Stabilize and strengthen the core
* Train the core to oppose rotation
* Stabilize and strengthen shoulders and upper back

Cues:

* For this you will need a cable machine or an exercise band
* Start in a half kneeling position, perpendicular to the cable machine or band
* Knee up on the side closest to the machine/band (will be harder if you switch knees or put both knees down)
* Cable/band should be set around shoulder height while half kneeling
* Grab the cable/band, scoot away to so there’s tension and resistance pulling you to the side
* From here, hold the cable/band with both hands right in front of your chest
* Engage your lats/core, slightly pull your shoulders down towards your hips (creating space between your shoulders and ears
* Keep the rib cage pulled down towards your pelvic bone
* Keep your low back flat
* Keep this position throughout
* Now, slowly press the cable/band straight out in front of you until your arms are straight
* Pause for a moment
* Return to the staring position slow an controlled
* Repeat
* Avoid letting the cable/band rotate your upper body
* Avoid letting your shoulders shrug towards your ears
* Avoid arching your low back
* Remember to breathe!

Where you should feel it:

* Core
* Shoulders/upper back/chest

Video/pictures:

**18. Plank**

Goal:

* Stabilize and strengthen the core
* Stabilize and strengthen shoulders and upper back

Cues:

* Start on all fours on the ground
* From here, bend your elbows to 90 degrees and place your elbows, forearms, and hands flat oh the ground beneath you
* Keep your elbows directly below your shoulders
* Engage your lats, slightly pull your shoulders down towards your hips (create space between your ears and shoulders
* Engage your core all the way around
* Slightly pull your rib cage down towards your pelvic bone and vice versa
* Keep your low back flat
* Keep your neck flat (don’t bend your head forward or back)
* Now, holding the upper body in this position, step back and straighten each leg, planting your toes on the ground
* Hold this position for time
* Can also be done with arms out straight on hands, in the push up position
* Avoid arching low back
* Avoid extending head/neck
* Avoid letting your butt drop towards the ground

Where you should feel it:

* Core
* Shoulders/back/chest

Video/pictures: <https://www.instagram.com/reel/C7xoEL6yCiC/?igsh=NTc4MTIwNjQ2YQ==>

**19. Push Up Plus Plank**

Goal:

* Stabilize and strengthen the core
* Stabilize and strengthen shoulders and upper back
* Strengthen the serratus anterior muscle

Cues:

* Start on all fours on the ground
* Hands planted on the ground about shoulder width apart
* Keep your arms/hands directly below your shoulders
* Engage your lats, slightly pull your shoulders down towards your hips (create space between your ears and shoulders
* Engage your core all the way around
* Slightly pull your rib cage down towards your pelvic bone and vice versa
* Keep your low back flat
* Keep your neck flat (don’t bend your head forward or back)
* Lastly, round your shoulders forward (like you are trying to press the ground away from you and push your mid back towards the sky)
* Now, holding the upper body in this position, step back and straighten each leg, planting your toes on the ground
* Hold this position for time
* Keep pressing the ground away and shoulders rounded forward as far as you can
* Avoid arching low back
* Avoid extending head/neck
* Avoid letting your butt drop towards the ground

Where you should feel it:

* Core
* Back side of the armpit/side of rib cage
* Shoulders/back/chest

Video/pictures: <https://www.instagram.com/reel/C8Vs3pnydVv/?igsh=NTc4MTIwNjQ2YQ==>

**20. Side Bridges**

Goal:

* Stabilize and strengthen the core
* Stabilize and strengthen shoulders and upper back
* Strengthen the hip muscles

Cues:

* Start in a side lying position
* Legs straight down (if this is too hard you can bend at the knees)
* Now bring your bottom shoulder out toThe side to 90 degrees
* Bend your bottom arm at the elbow
* Place your elbow, forearm, hand on the ground
* Elbow directly underneath your shoulder
* Keep the space between your ear and bottom shoulder (don’t shrug)
* Keep your spine neutral
* Engage your lats and core
* From here, press your legs/feet into the ground and lift your hips up towards the sky until your body is in a straight line
* Pause for a second at the top
* Then lower your hips back to the ground slow and controlled
* Repeat for reps on both sides

Where you should feel it:

* Core
* Shoulders/back/chest
* Hips

Video/pictures: <https://www.instagram.com/reel/C8GOc9pvjZv/?igsh=NTc4MTIwNjQ2YQ==>

**21. Side Plank**

Goal:

* Stabilize and strengthen the core
* Stabilize and strengthen shoulders and upper back
* Strengthen the hip muscles

Cues:

* Start in a side lying position
* Legs straight down (if this is too hard you can bend at the knees)
* Now bring your bottom shoulder out to the side to 90 degrees
* Bend your bottom arm at the elbow
* Place your elbow, forearm, hand on the ground
* Elbow directly underneath your shoulder
* Keep the space between your ear and bottom shoulder (don’t shrug)
* Keep your spine neutral
* Engage your lats and core
* From here, press your legs/feet into the ground and lift your hips up towards the sky until your body is in a straight line
* Hold this position for time
* Repeat on the other side

Where you should feel it:

* Core
* Shoulders/back/chest
* Hips

Video/pictures: <https://www.instagram.com/reel/C8dbPY5yu5O/?igsh=NTc4MTIwNjQ2YQ==>

**22. Copenhagen Plank** 🎥

Goal:

* Stabilize and strengthen the core
* Stabilize and strengthen shoulders and upper back
* Strengthen the hip adductor muscles (groin muscles)

Cues:

* Start in a side lying position
* Legs straight down (if this is too hard you can bend at the knees)
* Now bring your bottom shoulder out to the side to 90 degrees
* Bend your bottom arm at the elbow
* Place your elbow, forearm, hand on the ground
* Elbow directly underneath your shoulder
* Keep the space between your ear and bottom shoulder (don’t shrug)
* Keep your spine neutral
* Engage your lats and core
* From here, place your top leg on top of a bench and your bottom leg below it
* Bench should be at a height that keeps your body level when you are up on your elbow
* The bench should be just above the knee to start (the farther down your leg it is the harder it will be)
* From here, press your top leg into the bench and lift your hips toward the sky until your body is in a straight line
* Raise the bottom leg so it is off the ground, touching the bottom of the bench
* Hold this position for time
* Repeat on the other side
* Avoid letting your hips drop towards the ground
* Avoid shrugging your shoulder to your ear

Where you should feel it:

* Core
* Shoulders/back/chest
* Hips/groin

Video/pictures:

**23. Standing Hip Flexor Strength**

Goal:

* Strengthen / Lengthen hip flexor muscles
* Strengthen core
* Keep core engaged through leg movements

Cues:

* Stand in front of a wall, rack with bar, etc.
* Arms length away
* Bring your arms straight out front at shoulder level
* Press your hands into the wall, rack, etc.
* Slightly pull your shoulders down toward your hips (engaging your lats)
* Low back flat
* Core braced
* Keep this position throughout
* Now lift one knee up to 90 degrees
* Slight hold at the top
* Slowly lower back down
* Repeat for reps
* Then repeat with the other leg
* Remember to breathe throughout
* Keep core engaged
* Avoid arching your low back

Where you should feel it:

* Front of the hip
* Core

Video/pictures: <https://www.instagram.com/reel/DFjVKaNT6co/?igsh=NTc4MTIwNjQ2YQ==>

**24. Seated Hip Flexor Strength** 🎥

Goal:

* Strengthen / Lengthen hip flexor muscles
* Strengthen core
* Keep core engaged through leg movements

Cues:

* Start in a seated position
* Spread legs out to the side
* Sit up nice and tall
* Low back flat
* Shoulders slightly pulled down toward hips (engaging the lats)
* Brace your core
* Keep this position throughout
* Lift one leg straight up as high as you can without shifting upper body
* Slight hold at the top
* Slowly lower the leg back down
* Alternate legs
* Remember to breathe
* Avoid slouching/arching your low back
* Avoid swaying side to side/rotating torso
* Keep your leg straight

Where you should feel it:

* Front of the hip
* Core

Video/pictures:

**25. Supine Cable Hip Flexor Strength**

Goal:

* Strengthen / Lengthen hip flexor muscles
* Strengthen core
* Keep core engaged through leg movements

Cues:

* Start lying on the floor face up
* Attach one foot/ankle to a cable machine
* Bend your other knee so your foot is flat on the ground
* Press your low back flat onto the floor
* Slightly pull your shoulders down toward your hips (engaging the lats)
* Breathe in/out of your belly all the way around
* Brace your core
* Keep all this throughout
* Pull your knee up to 90 degrees
* Slowly lower it back to the starting position
* Repeat for reps
* Repeat with the other leg
* Remember to breathe
* Avoid arching your low back
* Keep the core braced throughout

Where you should feel it:

* Front of the hip
* Core

Video/pictures: <https://www.instagram.com/reel/DF0qKrVxNAJ/?igsh=NTc4MTIwNjQ2YQ==>

**26. Kneeling Hip Flexor Strength**

Goal:

* Strengthen / Lengthen hip flexor muscles
* Strengthen core
* Keep core engaged through leg movements

Cues:

* Start in a half kneeling position in front of a wall, rack with bar, etc.
* Arms length away
* Bring your arms straight out front at shoulder level
* Press your hands into the wall, rack, etc.
* Slightly pull your shoulders down toward your hips (engaging your lats)
* Low back flat
* Core braced
* Keep this position throughout
* Now lift the front knee up as high as you can without losing upper body position (swaying/rotating/arching low back)
* Slight hold at the top
* Slowly lower back down
* Repeat for reps
* Then repeat with the other leg
* Remember to breathe throughout
* Keep core engaged
* Avoid arching your low back

Where you should feel it:

* Front of the hip
* Core

Video/pictures: <https://www.instagram.com/reel/DFRcL3vqcAr/?igsh=NTc4MTIwNjQ2YQ==>

**27. Standing Cable Hip Flexor Strength**

Goal:

* Strengthen / Lengthen hip flexor muscles
* Strengthen core
* Keep core engaged through leg movements

Cues:

* Stand facing away from a low cable machine
* Attach the cable to your ankle/foot
* Walk away so you will be able to extend at the hip and still have the weight on the cable
* Face an incline bench, inclined to about chest level
* Bring your arms straight out front and grab the bench.
* Slightly pull your shoulders down toward your hips (engaging your lats)
* Low back flat
* Core braced
* Keep this position throughout
* Now lift the knee with the ankle/foot attached to the cable up to 90 degrees
* Slight hold at the top
* Slowly lower back down and into hip extension (just before you begin to arch at your low back)
* Repeat for reps
* Then repeat with the other leg
* Remember to breathe throughout
* Keep core engaged
* Avoid arching your low back when extending the hip

Where you should feel it:

* Front of the hip
* Core

**28. Bear Plank** 🎥

Goal:

* Strengthen core
* Keep body in a neutral position under load

Cues:

* Start on your hands and knees
* Hands directly below shoulders
* Knees directly below hips
* Feet pulled toward your shins
* On your toes/balls of your feet
* Spine in a neutral position
* Slightly pull shoulders toward hips (engaging the lats)
* Brace your core all the way around
* Glutes tight
* Keep this position throughout
* Lift your knees and inch or so off the ground
* Hold this position for time
* Avoid arching your beck
* Avoid flexing/extending your neck
* Keep lats/core/glutes engaged throughout

Where you should feel it:

* Core
* Glutes
* Shoulders

Video/pictures:

**29. Bear Plank w/ Knee Taps** 🎥

Goal:

* Strengthen core
* Keep body in a neutral position under load
* Create motion in your SI Joint/Glutes/Pelvis

Cues:

* Start on your hands and knees
* Hands directly below shoulders
* Knees directly below hips
* Feet pulled toward your shins
* On your toes/balls of your feet
* Spine in a neutral position
* Slightly pull shoulders toward hips (engaging the lats)
* Brace your core all the way around
* Glutes tight
* Keep this position throughout
* Lift your knees and inch or so off the ground
* Slowly and controlled drop one knee straight down and tap the ground
* Pull it straight back up
* Alternate sides
* Repeat for reps
* Avoid arching your beck
* Avoid flexing/extending your neck
* Keep lats/core/glutes engaged throughout

Where you should feel it:

* Core
* Glutes
* Shoulders

Video/pictures:

30. Chops

31. Lifts

32. DB Side Bends

33. Cable Side Bends