



FULLY BODY CORE EMPHASIS -

Created by Andrew Jan 3rd, 2023

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TRX Extension Walkout - Thoracic Shoulder Ext w TRX bands - 7 x 7

Start by holding the bands in front of your body and slowly walking forward, raising your arms gradually.

Step one foot forward and raise your arms overhead as high as possible. Feel a stretch through your chest, shoulders, arms, and core.

Repeat 7 Times

Hold 7 Seconds

Complete 1 Set

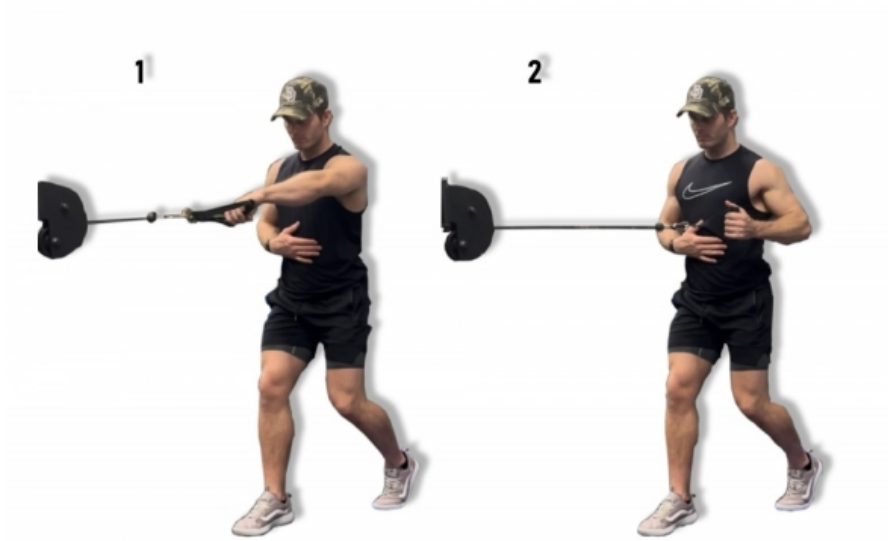


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Single arm cable row - SPLIT STANCE - 1-arm cable row - one arm cable row

Start with an even stance, feet about shoulder width apart

Slightly bend your knees to engage the lower half and establish a balanced base of support

Engage your core to stabilize the spine and resist rotation forces

Pull the cable towards the body (don't let the elbow rub against your side)

Don't let the elbows pull TOO far past your midline

Engage the back and shoulder muscles at the bottom of the rep.

Slowly return the weight to the starting position

Repeat 10 Times

Hold 1 Second

Complete 3 Sets



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1-ARM CABLE PRESS

Stand with a split stance, balanced and core engaged

Press the cable away from you like you would a chest press machine

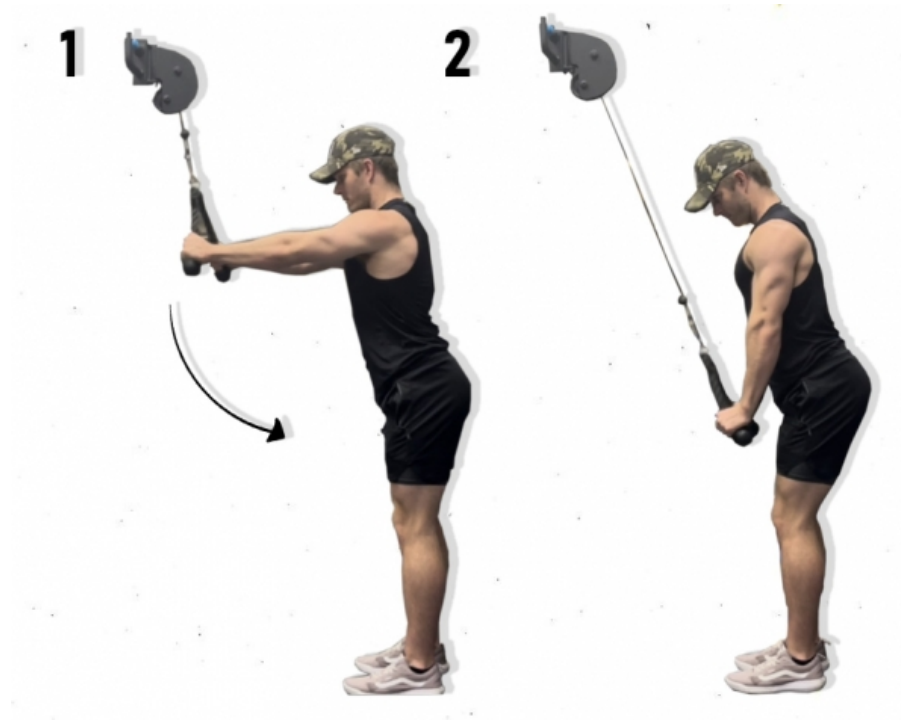
Resist the rotational pull of the cable with your core.

Slow and controlled

Repeat 10 Times

Hold 1 Second

Complete 3 Sets



Shoulder extension w cable ROPES - CABLE PULLDOWN

Begin standing with cable attachment (bar or ropes) in both hands, arms out in front of you

Start the exercise by pulling the bands down to your sides, while keeping the elbows straight the entire time

Engage the back muscles and retract your scaps. (2)

Slowly return to the starting position (1)

Repeat 10 Times

Hold 1 Second

Complete 3 Sets



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Palloff press - Cable Palloff Anti-rotation

- hold handle with both hands
- step out until tension is in the band
- stand in an athletic stance with knees slightly bent and feet shoulder width apart
- keeping the handle in the center of your chest, begin to press the handle out, away from your body
- return handle back to the center of your chest
- repeat

Repeat 10 Times

Hold 5 Seconds

Complete 3 Sets



RUSSIAN TWISTS

Seated on a mat or carpet, lean back into a half sit-up

While holding the half sit-up, twist your torso side to side and touch the ground on either side

Flex the core to control the movement and resist falling backwards

Repeat 20 Times

Complete 3 Sets



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CRUNCHES

Lying on your back, lift up your legs and bend your knees to 90°

Holding the back of your neck to avoid excessive arching, flex your core and crunch the elbows to the knees.

Slowly release the core and return to the starting position.

Repeat 20 Times

Complete 3 Sets