

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



CORE STRENGTH + SPINAL STABILITY

Created by Andrew Jan 3rd, 2023

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Paloff press - Cable Paloff 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

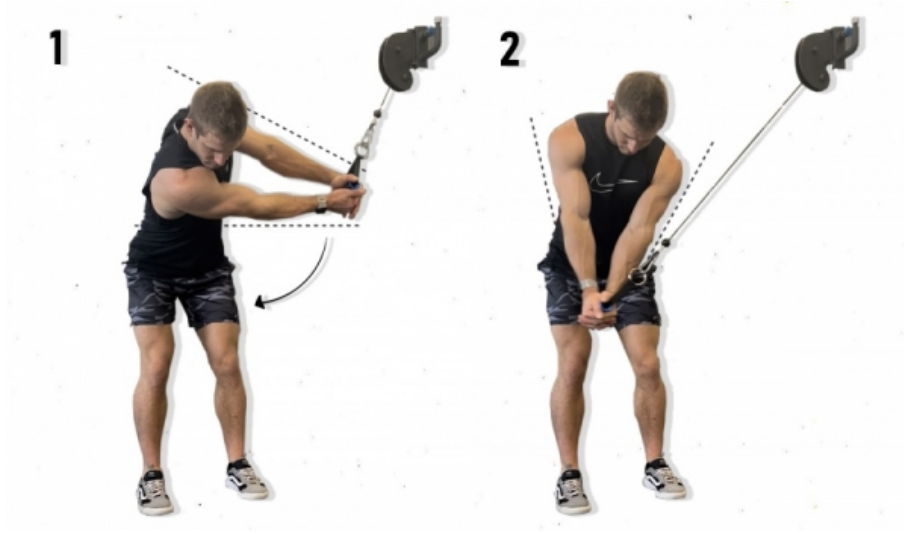


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CABLE CHOP - STRAIGHT ARM - CORE ROTATION - GOLF DOWNSWING

Feet about shoulder width apart, knees slightly bent, grab the handle with both hands.

Maintain straight arms and even hips the ENTIRE time.

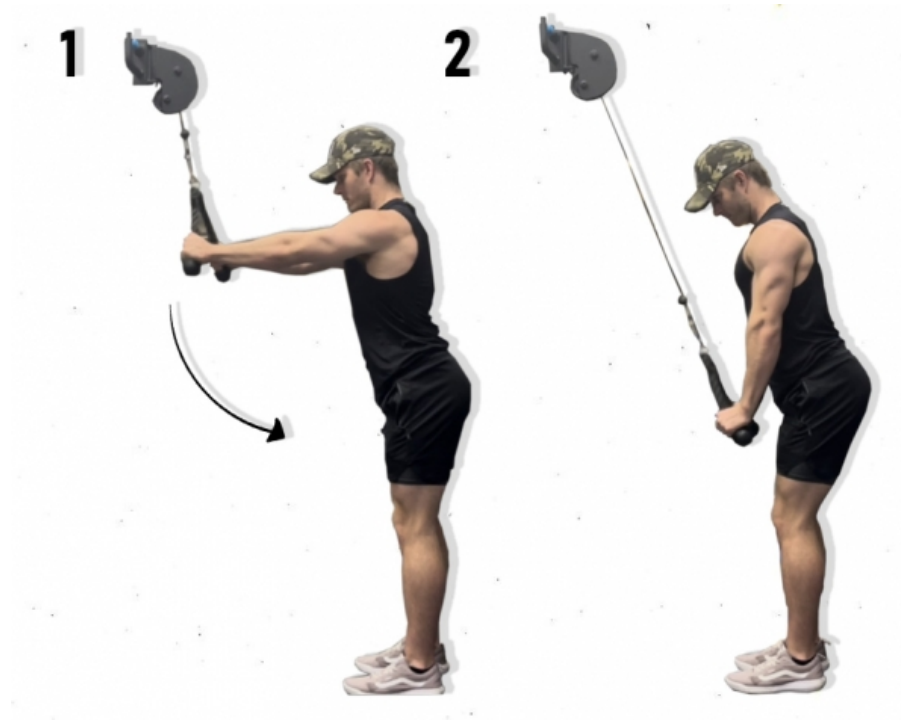
Complete the movement by rotating the shoulders and thoracic spine

Once in moderate range of motion (pic 1), use the core to chop, or downswing the cable down in front of you by rotating back to forward facing orientation with even shoulders (pic 2)

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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SIDE PLANKS

Keep your body straight as a board.

No shoulder shrugging or bending at the hips.

Repeat 2 Times

Hold 30 Seconds



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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



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PENGUINS

Lying on your back with your feet flat on the ground

Flex your core and lift your shoulders off the mat or carpet

Then touch one heel at a time by side-bending your torso and "waddling" back and forth like a penguin

Keep your core engaged the entire time.

Repeat 20 Times

Complete 3 Sets