



SFT TRUNK STABILITY CIRCUIT

WARM-UP/MOBILITY EXERCISES

STANDING HIP FLEXOR STRETCH WITH 5-WAY ARM DRIVES

- Repeat the sequence on each leg
- 5x Arms drive straight up overhead
- 5x Arms overhead arc right
- 5x Arms overhead arc left
- 5x Arms at chest height twist right
- 5x Arms at chest height twist left

3-WAY LUNGES WITH 3 DIFFERENT ARM DRIVES

- 5x each leg Lunge forward. Arms drive up overhead
- 5x each leg Lunge side. Arms arc up and over towards trailing foot
- 5x each leg Lunge to 4:30 diagonal. Arms twist toward stepping foot

HAMSTRING BARRE STRETCH WITH TRANSVERSE PLANE REACHES

- 5-10x on each leg

STEP BACK WITH ROTATION AT THE BARRE (using non-elastic strap)

- 10x Hold strap with right hand & step back with right foot, reaching left hand underneath right arm
- 10x Hold strap with left hand & step back with left foot, reaching right hand underneath left arm

TRUNK STABILITY CIRCUIT

PERFORM THE ENTIRE CIRCUIT 1-3 TIMES

STANDING DOUBLE CLAMS WITH 5-WAY BAND PULL (with 1 exercise band tied above the knees and 1 exercise band looped around the barre)

- 10x back facing the barre with arms stretched up overhead
- 10x left side of your body facing the barre with arms stretched up overhead
- 10x right side of your body facing the barre with arms stretched up overhead
- 10x left side of your body facing the barre with arms stretched forward at chest height
- 10x right side of your body facing the barre with arms stretched forward at chest height

WINDMILLS (using 1 or 2 light dumbbells)

- 10x on each side

TWISTING FORWARD LUNGE WITH BAND (exercise band looped around the barre, standing with back facing the barre)

- 10x Hold band with right hand. Lunge forward on right foot and twist right
- 10x Hold band with left hand. Lunge forward on right foot and twist left
- 10x Hold band with left hand. Lunge forward on left foot and twist left
- 10x Hold band with right hand. Lunge forward on left foot and twist right

X CHOP SQUATS (using 1 or 2 light dumbbells)

- 10x Chop from right shoulder down to left hip
- 10x Chop from left shoulder down to right hip

PLANKS WITH 3 ARM DRIVES

- 5-10x Right arm reaches forward & backward
- 5-10x Left arm reaches forward & backward

- 5-10x Right arm reaches overhead to the left & pulls out to the right and into the waist
- 5-10x Left arm reaches overhead to the right & pulls out to the left and into the waist

- 5-10x Right arm reaches under left arm & opens up to the ceiling
- 5-10x Left arm reaches under right arm & opens up to the ceiling