



Stability Progressions

Day 1

S.1	S.2
Hollow Hold on Parrallets	Side Plank
Hollow Hold with Knees Raised	Side Plank on Hand
L - Sit	Side Plank Hip Lifts
Hollow Rock	Alternating Supermans
Hanging Hollow Hold	Bird Dog
Hanging Hollow Hold with Knee Raise	Bird Dogs from Plank
Hanging Alternating Knee Raise	Knee to Elbow Bird Dog
Hanging L- Sit	Hyperextensions
Toes to Bar	Weighted Hyperextensions

Day 3

S.3	S.4
Iso Leg Lifts	Seated Twist
Leg Lifts	Seated Twist with Raised Feet
Flutter Kicks	Seated Russian Twist
Standing Arm Swing	Windshields
Kneeling Arm Swing (both knees down)	Seated MB Side Toss
Weighted Kneeling Arm Swing	MB Side Toss
Alternating Jack Knife	Cable Rotation
Tempo Sprinter Sit Ups	Cable Anti-Rotation
Sprinter Sit Ups	Woodchops

