

## 6

## MOUNTAIN CLIMBERS

**GOAL** > Teach the core muscles (specifically the TVA) to stabilize the pelvis while the legs are in motion.

Start in a push-up position with a small towel under each foot **A** (if you are on a carpeted floor, place a small piece of cardboard under each foot). Avoid rounding in the upper back by squeezing your shoulder blades together, and do not push your chin forward. Lengthen through the spine and activate the TVA by pulling the lower abdominal area up toward the spine.

Without rocking or swaying your hips, slowly slide your right knee in toward your chest **B** and slowly push back out. Wait until the right leg is back in starting position before you pull in the left knee **C**. Keep a close eye on your upper and lower back positioning throughout the exercise, and don't forget to keep the hips steady. Continue switching legs until you have completed the designated number of repetitions.

### MUSCLES TARGETED

Transversus abdominis, hip flexors, quads



## 11

## SUPINE KNEE DROPS

**GOAL** > Release chronic tightness in the lower back and outer hips while simultaneously using the obliques to control movement.

Start in a supine position (lying on the ground, faceup) with the feet off the ground and legs forming a 90-degree angle at the hips and knees **A**. Arms should extend out from the body in a "T" position.

Keeping your upper body relaxed, drop your knees as far to the left as possible without

letting your right arm and shoulder blade come off the ground **B**, **C**. Return your legs to center and drop to the right **D**, **E**. Concentrate on trying to use your abdominal muscles to lift your legs off the ground.

Continue alternating side to side.

### MUSCLES TARGETED

Obliques,  
low back



## 12

## PAC-MANS

**GOAL** > Increase strength and muscle activation in the chronically tight muscles of the outer hip.

This exercise got its name from the way Pac-Man eats up his competition. Start on your left side with the back of your body against a wall **A**. Your head should be completely relaxed, either by laying it on your extended left arm or supporting it with your left hand. Points of contact with the wall should be heels, glutes, shoulder blades, and back of the head.

Place your right hand on your right hip and slowly begin to slide your right leg up the wall (this is abduction) **B**, **C**. The goal is to use the muscles of the outer hip to lift the leg instead of lifting the entire pelvis. If you feel the hip bone on your right side moving upward toward your chest, you are lifting your pelvis. Complete the designated number of repetitions on this side, then switch.

### MUSCLES TARGETED

Lateral hip muscles





## 13

## AUDREY TWO

**GOAL** > Teach the glute medius and TFL to fire while keeping the pelvis stable.

The Audrey Two is named after the hungry Venus fly trap featured in the movie *Little Shop of Horrors*. Think of your feet as the hinge at the back of Audrey Two's mouth and your knees as the part that eats up anything in its path. Start on your left side with the back of your body against a wall **A**. Your head should be completely relaxed, either by laying it on your extended left arm or supporting it with your left hand. Bend both knees and place the bottoms of your feet against the wall. Points of contact

with the wall should be soles of the feet, glutes, shoulder blades, and back of the head.

Place your right hand on your right hip and slowly begin to open your right knee up toward the wall **B**. Keep the ankles and feet pressed together the entire time, thus creating a "clam-opening" effect **C**. Complete the designated number of repetitions on this side, then switch.

### MUSCLES TARGETED

Lateral hip  
muscles



## 14 CHAIR SQUATS

**GOAL** > Teach the glutes and hamstrings to fire; reduce workload placed on the quadriceps.

A squat is one of the most common movements performed by humans. On a given day, you will do some variation of a squat movement approximately 50 to 100 times. Sound like a lot? Consider how many times you get in and out of a car, go to the bathroom, sit down on a chair, or bend down to pick up an object—all of these movements are variations on a squat. Because we perform squats so frequently, it is imperative that we are doing so with correct form in order to avoid putting undue stress on the knees and hips.

A safe and effective way to learn proper squat form is to use a chair as a safety net. Choose a chair with a seat that hits you approximately at knee height.

Stand in front of the chair with your feet hip distance apart, chest lifted, tailbone slightly

tucked, and hands on your hips **A**. Pick your toes up inside your shoes and transfer all your weight into your heels. Push your hips back as far as possible before you start lowering down into the chair **B**. Be sure that your knees don't come past your toes and your chest does not drop or cave in **C**.

The goal is to eventually come all the way down and touch the chair **D**, but when you first start you may only be able to lower down 12 inches or so before your form starts to waver.

Return to your standing position by driving weight down into your heels and lifting your chest first. Finish off the movement by squeezing your glutes as you reach starting position. Repeat until you have completed the designated number of repetitions.

### MUSCLES TARGETED

Entire core musculature





## 4

## WALKING HIP BRIDGE

**GOAL** > Release chronic tightness on the front side of the body; teach the glutes and hamstrings to fire during hip extension; increase stabilization in the hips.

Begin by lying on your back with your knees bent and feet on the ground approximately 6 to 8 inches from your glutes **A**. Squeeze your glutes, tuck your tailbone, and lift your hips off the ground **B**.

Keeping your hips high and your knees 6 to 8 inches apart, gently lift one knee toward the ceiling and then the other in a “marching”

fashion **C** **D**. Although you are marching, try to set each foot down on the ground gently instead of letting the feet stomp.

Throughout the exercise, try to avoid letting the hip rock or sway side to side. Alternate back and forth between your feet until you have completed the designated number of repetitions.

### MUSCLES TARGETED

Low back,  
glutes,  
hamstring



## 12

## THE WALL

**GOAL** > Increase dynamic balance and stabilization in the core while the lower body is moving.

Cyclists frequently call a long, steep climb “the Wall” because it challenges the muscles, the endurance, and the brain. The same goes for this exercise, but when you’re done you will also have that same exhilarating feeling of accomplishment.

Start in a push-up position with your hands directly below your shoulders, feet 8 to 10 inches apart, and tailbone slightly tucked **A**.

### MUSCLES TARGETED

Transversus abdominis, shoulder complex, spinal stabilizers

Slowly and with control, lift your left foot off the ground and bend your left knee in toward your left elbow **B**. Keep your shoulders and hips quiet and parallel with the ground.

Return your left foot to the starting position and switch legs **C**. Continue switching legs until you have completed the designated number of repetitions.

This exercise can also be performed from a plank position (forearms on the ground) if you need more stabilization.



## 14

## OVERHEAD SQUATS

**GOAL** > Improve the ability of the core to support the entire spinal column during movement; teach the glutes and hamstrings to fire so the quads aren't overworked.

The overhead squat is used by exercise scientists everywhere as a way to diagnose postural distortions and faulty movement patterns in the body. The overhead squat requires the major muscle groups of the lower body, core, and upper body to work simultaneously. If there is a faulty muscle-firing pattern in one part of the body, it will be revealed at the point of origin and also at various points up and down the kinetic chain.

Start in a standing position with your feet hip-distance apart **A**. Reach both arms up to the ceiling and do not bend at the elbows **B**. Engage the TVA muscle by dropping your

tailbone and pulling the lower abdominals toward your spine.

Keeping your core engaged, slowly come into a squat position by pushing your buttocks back first, then lowering them toward the ground **C**. Keep the majority of your body weight in your heels and do not let your knees push forward beyond your toes. Return to the starting position and repeat until you have completed the designated number of repetitions.

If you find yourself shifting weight into your toes and letting your arms fall forward, try performing this exercise with a chair behind you.

### MUSCLES TARGETED

Entire core musculature





## 106 REVERSE LUNGE

**Equipment:** Chair.

**Purpose:** Strengthen your gluteus maximus and work on single-leg balance while lengthening and extending your back muscles with your core engaged.



**Technique:** Stand on one leg with your fingertips lightly touching the back of the chair for balance or support. Be sure your core is engaged and your spine is in your neutral position to optimize your back and buttock muscles. Keep your chest elevated and straighten your opposite knee behind you. There should be a straight line running from your shoulder through your hip and along your elevated leg. Be sure to maintain a slight arch in your back (106a). The weight on your stance leg should be through your heel to keep the muscle focus on your buttock and not your thigh. Reach back at a diagonal with your back foot by bending from your hip joint on your front leg (106b). Hold each lunge for a slow 10-count and return to an upright position. When returning to your start position, focus on your glutes pushing you back up instead of your quads. Initially do a set of 2–3 reps. Progress to holding the reverse lunge position for a maximum of 30 seconds.

**Tips and Precautions:** Keep your trunk lengthened and arched so as to fully use your back muscles. Don't let your weight-bearing knee travel in front of your toes. Don't let your hips push out to the sides; keep them even and parallel.

