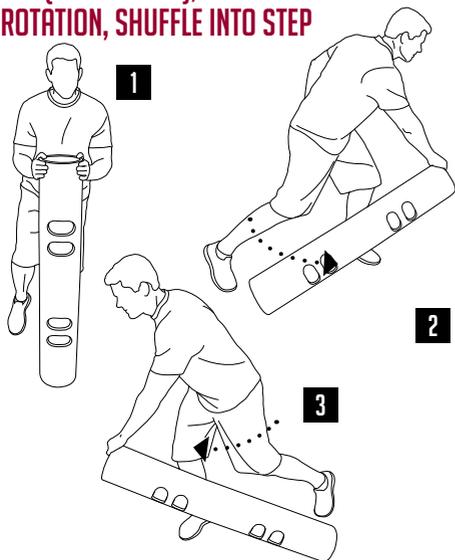




This program focuses on the core. The workout comprises a tilt (predominately for the glute and back lines), a prone roll and push-up (for the abs, chest and front lines), a lift (to target the lateral lines), and a prone knee tuck (for the abs, chest and front lines). The sequence can be performed at high tempo to raise the metabolic cost, especially due to the continuous transition from prone to feet and back. This mini-series works through all planes and can serve as an independent workout or even a game as a 'core challenge'.

EXERCISE - 1

## TILT (TRANSVERSE), STANDING HIP EXTERNAL ROTATION, SHUFFLE INTO STEP



### EXERCISE PREPARATION

- Begin with a two-handed Tilt Hold
- Perform the motion 'unloaded' (i.e., without the ViPR) prior to 'loaded' so that the quality of motion can be assessed
- Pre-determine the range of motion and remain consistent throughout the exercise

### EXERCISE MOVEMENT

- Begin with an 'in-place' run
- As you tilt in the posterior – lateral angulation, take an 'out-turn' step. Maintain good floor contact with the big toe
- Come back to the centre and repeat to the opposite side

### REGRESSIONS

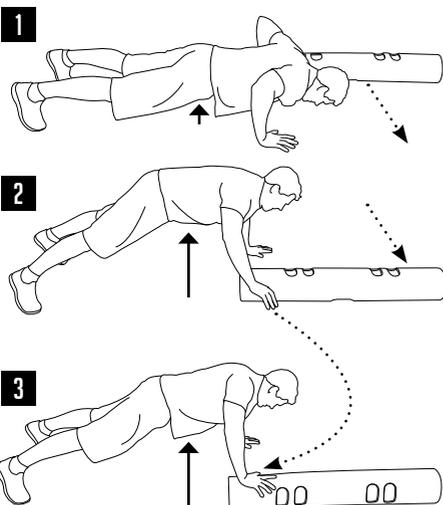
- Reduce the range of motion in both the Handprint and Footprint
- Use a lighter ViPR

### PROGRESSIONS

- Increase the speed
- Use a heavier ViPR

EXERCISE - 2

## ON GROUND (LATERAL ROLL), PUSH-UP, NEUTRAL STANCE



### EXERCISE PREPARATION

- Begin with a prone body position with ViPR placed lengthways on the ground (as shown)
- Perform the motion 'unloaded' (i.e., without ViPR) prior to 'loaded' so the quality of motion can be assessed.
- Movement should come mostly from the hips and T-Spine NOT the lumbar segments
- Pre-determine the range of motion and remain consistent

### EXERCISE MOVEMENT

- Begin with ViPR placed lengthways on the ground and with one hand on the end of ViPR
- Ensure the individual does not grip the handles
- Perform a push-up; then, roll ViPR to the other hand and repeat the pattern back and forth
- As ViPR rolls from one hand to the other, ensure the action is driven by a slight hip turn

### REGRESSIONS

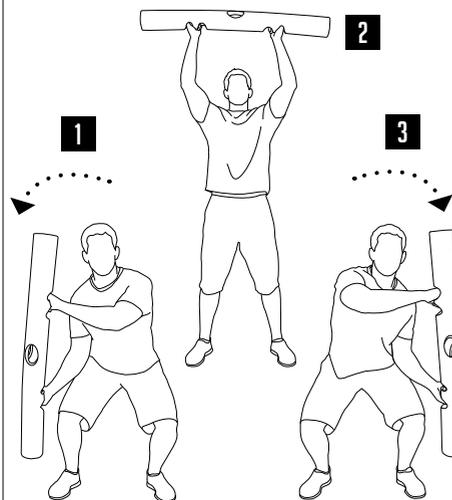
- Reduce the range of motion in the Footprint
- Use a lighter ViPR

### PROGRESSIONS

- Use a heavier ViPR
- Increase the range of motion

EXERCISE - 3

## SHIFT (LATERAL)/LIFT (WAIST TO OVERHEAD), SQUAT, FEET NEUTRAL



### EXERCISE PREPARATION

- Begin with a two-handed Neutral Hold
- Perform the motion 'unloaded' (i.e., without ViPR) prior to 'loaded' so quality of motion can be assessed
- Pre-determine the range of motion and remain consistent

### EXERCISE MOVEMENT

- Begin in an athletic stance and perform a squat pattern
- Concurrent to the squat, perform a rainbow pattern with the hands
- Ensure the movement comes from the ankle, hips and T-Spine NOT the lumbar segments

### REGRESSIONS

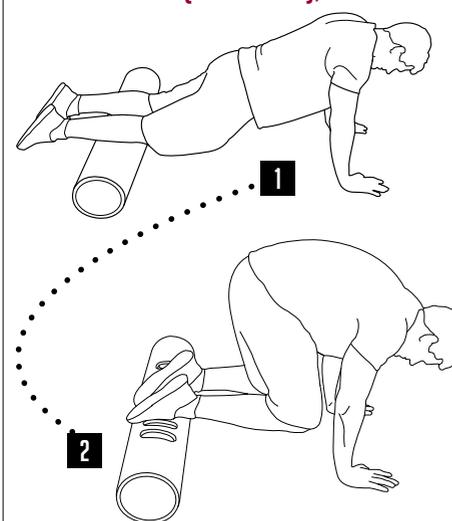
- Reduce the range of motion in the Handprint
- Use a lighter ViPR

### PROGRESSIONS

- Use a heavier ViPR
- Add a lateral shuffle

EXERCISE - 4

## ON GROUND (ANTERIOR ROLL), HIP AND TRUNK FLEXION (JACK KNIFE), FEET NEUTRAL



### EXERCISE PREPARATION

- Begin with an off-ViPR Hold (the shins will be on ViPR at the start)
- It is important to pre-determine the range of motion and remain consistent throughout

### EXERCISE MOVEMENT

- With the hands comfortably on the ground under the shoulders, begin with the shins on ViPR
- Maintain a tall body line to begin and perform a jack-knife motion (as shown)
- ViPR should roll from the shins to the feet as you roll up
- Roll ViPR back to complete your first cycle, avoiding sagging the lower back

### REGRESSIONS

- Reduce the range of motion in the Footprint

### PROGRESSIONS

- Increase the range of motion