

Alignment, Bracing and Breathing Fundamentals for Strength

These fundamentals must be applied to each exercise and are the key to supercharging your strength training results. The concept is to create tension and rigidity, teaching the body how to recognize positions of optimal power and safety where we can withstand and produce the greatest loads or impacts.

- **Core:** Canister concept: square lower ribs to pelvis, engage muscles 360 degrees around the core cylinder; use pelvic floor and diaphragm muscles to increase the stiffness of your core brace – this is your virtual “weight belt”
- **Shoulders:** broad collarbones, engage lats as though squeezing a sponge in the back of the armpit
- **Head/neck:** long and tall through the crown of the head; maintain slight nod/double-chin
- **Hands and feet:** paw the floor, engage strongly with the environment
- **Breath:** forcefully blow air out through tight lips, sustain core tension, inhale into braced core; inhale during setup for each rep; sustain inhale until past the "sticking point" of each rep; keep core tight and maintain this breathing pattern for the full routine

Level Three Exercises

1



Banded Bearcrawl Hand Lift (Wide)

- begin with hands shoulder width apart
- canister alignment and core brace
- breathe to increase core stiffness
- broad collar bones
- squeeze sponge at back of armpit
- look down between hands
- hands and feet spread the floor
- lift knees 5cm off ground
- inhale to brace, lift one hand
- exhale as you put the hand back down

2



Side Plank (Hand) Banded Abduction

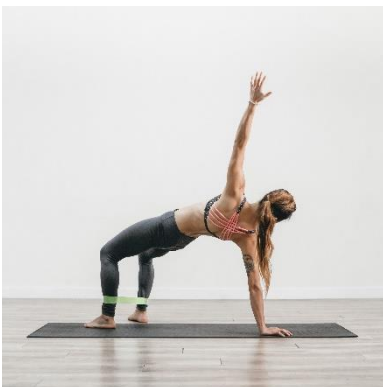
- broad collarbones, elbow under shoulder
- squeeze a sponge in back of armpits
- squeeze glutes, drive hips forward
- maintain ribs square to pelvis
- watch out for sagging ribcage
- align head and neck with slight nod
- lift the leg after each inhale, aim for 4-6 reps with 3second holds
- exhale as leg moves back down

3



Bear Crawl to High Bridge 3-Point Rotation Reach

- begin from bear crawl position
- maintain canister connection, ribs square to pelvis
- lift left hand and right foot as you pivot through to high bridge position, reaching one arm up to ceiling as you stack the shoulders, keeping eyes on bottom hand
- aim for 2-3 reps each side, 3s holds
- ALTERNATE SIDES



4



Opposite Side Banded Abduction

- as above

5



Pushup pop-drop-pause-explode

- start from high plank
- pop up off the ground and drop ½ way into the pushup position for a brief pause
- continue to your full pushup depth and then explode up to start position (high plank)



Pop



Drop, Pause



Explode

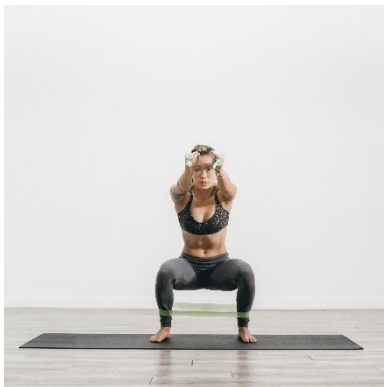
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ISO External Rotation 45 Degree Mini Band Walks

- elbows at side, high tension vs band
- broad collarbones, packed lats
- feet 30cm wider than shoulder width
- "spread the ground" with each step
- push off back leg as you stride forward
- maintain canister alignment, level pelvis
- tall through top of head, slight nod
- use breath to enhance core tension

7



ISO Slingshot Squat (Resisted Rotation)

- hands directly in front of face
- high tension on band
- sustain deep squat position isometrically (continue to concentrate on pulling knees up, maintaining flat back and canister connection)
- Inhale, turn head 30-45 degrees; exhale as you return to centre
- repeat to opposite side



8



Iso ER90 Concentric-Eccentric Calf Raise

- hold band eye level, elbow bent 90 deg.
- “balance” toe pointed, may touch ground to begin each rep
- feet slightly turned out, spread the floor
- inhale then calf raise:
 - up toward big toe rather than pinky
 - control descent over 2 seconds
 - repeat for other side



9



Pullapart in Single Leg RDL (Thumbs Out)

- deep hip hinge, high hips with flat back
- transition to single leg position
- shoulder blades together as band remains 1" away from chest
- pursed lip exhale on return keeps core tight
- 3 reps then switch feet



10



Single Leg Superman RDL (3 continuous each side)

- narrow stance hip hinge position, reach arms overhead
- canister, broad collarbones, packed lats
- inhale to enhance your brace
- push heel of the up leg back, fire glute, achieving straight line foot-hip-head
- maintain powerful foot engagement in down leg
- paw the ground and drive to stand as you exhale
- maintain balance on one side for 3 reps then switch to other leg



Hip Circles (Right) in Single Leg Balance

- 2 reps leading with knee up:
- begin with standing plank form
- stance glute, quad and foot strong
- inhale to enhance brace prior to repetition
- raise knee, scour knee up then out
- as thigh moves to side, transition to foot high; initiate pursed lip exhale
- finish with knees side by side, heel high
- maintain tall posture, avoid pelvic tilt
- repeat with 2 reps in opposite direction

11



Hip Circles (Left) in Single Leg Balance

- as above

12

13



Reverse Lunge to High Knee Jump and Stick (Right)

- setup in 90/90 position with high arm opposite high knee
- engage hamstring of front foot, as though pulling the ground toward your rear foot
- inhale to enhance core brace
- paw the foot back as you drive the opposite knee up
- land on single leg with good form and balance
- hold your end position 2s and return to reverse lunge slowly under control

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Reverse Lunge to High Knee Jump and Stick (Left)

- as above

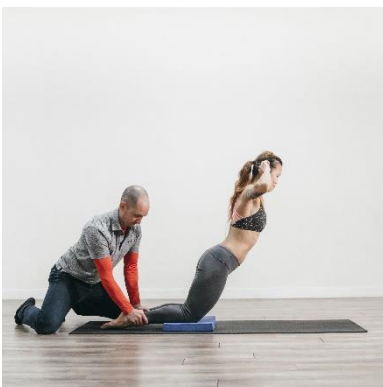
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Eccentric Nordic Hamstring Curl (Plantarflexion)

- use padding under the knee/shin
- position arms with hands at ears
- plantarflex the ankle (aka toe pointed)
- partner holds securely holds at the ankle with straight arms (push hard)
- engage core and glutes, brace lats
- inhale, lower slowly
- catch yourself in a pushup position, hands and shoulders strong

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Eccentric Nordic Curl (opposite partner)

- as above

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Hip Driven Vertical to Broad Jump & Land

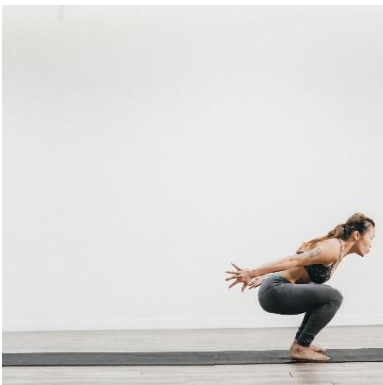
- "SET" in standing plank form
- "LOAD" into an athletic position with maximal hip flexion, forearms beside hips



- "GO" explosive vertical jump, noting full knee and hip extension in the air with overhead reach
- "CATCH" into deeply hinged hip (landing position) with straight arms by hips



- "GO" again immediately exploding into broad jump for maximum horizontal distance



- "CATCH" keeping knees separated and back flat as you land