

NOTES:

USAG Acro: Back Strengthening

STEP 1



STEP 2



DEAD BUG - SWISSBALL

SIDE: BOTH SETS: 1 REPS: 20 TIMES PER DAY: 1 TIMES PER WEEK: 3-4

HOW: Begin by laying on your back for this exercise, knees over hips and hands over shoulders with a swiss ball in between both. Then bring your hands and knees together by squeezing the swiss ball. Slowly drop one leg and the opposite arm to the floor.

FEEL: You will be feeling this in your core especially as you squeeze the arms and legs together.

COMPENSATION: Avoid allowing the low back to arch as you perform this exercise.

STEP 1



STEP 2



DEAD BUG - ANTI-ROTATION, BAND

SIDE: BOTH SETS: 1 REPS: 10 TIMES PER DAY: 1 TIMES PER WEEK: 3-4

HOW: Start by lying on your back. Bring your knees up towards your chest and bend your knees making an "L" shape. Grab a band that is anchored to the side of you and with both arms straight, pull it over your chest. The band should feel like it is trying to pull you on your side, do not let it by engaging your core and keeping your back flat on the ground. While holding the tension from the band, straighten one leg out until it is a few inches off of the ground, and return to the starting position. Alternate straightening each leg all while holding the tension in the band.

FEEL: You should feel your core muscles working as well as your lats and arm muscles.

COMPENSATION: Keep your core engaged during the process, don't arch your back. Keep your arms straight up at chest level and don't bend your elbows. Don't let your leg rest on the ground as you straighten it.

STEP 1



STEP 2



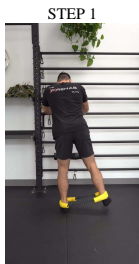
ADDUCTOR SIDE PLANK

SIDE: BOTH SETS: 1 REPS: 2 HOLD: 30S TIMES PER DAY: 1 TIMES PER WEEK: 3-4

HOW: Get set up by lining up your body properly first! Lie on your side, place your elbow and forearm on the ground directly underneath your shoulder. Keep your hip in line with your shoulder as you bend the bottom leg's knee. Align your top leg's foot/ankle with your hip and shoulder as you engage your core, push into the ground lifting your hips and bottom leg off of the ground. Hold that plank position for as long as prescribed.

FEEL: You should feel your core and the top leg's inner thigh muscles working the most.

COMPENSATION: Don't let your hips drop down as you push into the ground with your elbow and foot. Keep your body in a straight line.

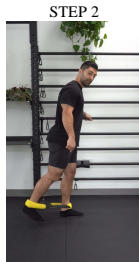
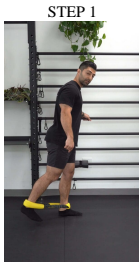


STANDING HIP ABDUCTION - BAND AT ANKLES, WALL SUPPORTED
SIDE: BOTH SETS: 1 REPS: 15 TIMES PER DAY: 1 TIMES PER WEEK: 3-4

HOW: Place a band around your ankles then stand up with all your weight bearing on one side. If balance is a challenge then move towards a stable surface or wall to give you additional support, keep the weight bearing leg closer to the wall. With the leg that is elevated off the floor, you are now going to move out to your side as far as you can without hiking your hip then slowly return.

FEEL: You will feel the outer hip muscles, particularly the gluteals with this exercise.

COMPENSATION: Avoid moving your low back or trunk with this exercise. Attempt to keep everything stationary and attempt to isolate the motion from the hip.



STANDING HIP EXTENSION - BAND AT ANKLES, WALL SUPPORTED
SIDE: BOTH SETS: 1 REPS: 15 TIMES PER DAY: 1 TIMES PER WEEK: 3-4

HOW: Place a band around your ankles then stand up with all your weight bearing on one side. If balance is a challenge then move towards a stable surface or wall to give you additional support, keep the weight bearing leg closer to the wall. With the leg that is elevated off the floor, you are now going to kick back as far as you can without arching the low back or moving your body forward.

FEEL: You will feel the outer hip muscles, particularly the gluteals with this exercise.

COMPENSATION: Avoid moving your low back or trunk with this exercise. Attempt to keep everything stationary and attempt to isolate the motion from the hip.



STIR THE POT
SETS: 1 REPS: 2 HOLD: 30S TIMES PER DAY: 1 TIMES PER WEEK: 3-4

HOW: Start by assuming a plank position on a swissball with your toes on the ground and your elbows on the swissball. Actively push into the swissball through your elbows with your shoulder blades. Your shoulders should be active. Once in a stable and comfortable plank position on the swissball, slowly begin to rotate the swissball in circles. You will want to "stir the pot" with your elbows.

FEEL: You should feel all the muscles in your core and shoulder blades working to maintain the position.

COMPENSATION: Do not let your back overly arch or your hips to shoot up into the sky. Keep your shoulder blades engaged and do not let your shoulder blades come together.

STEP 1



STEP 2



KETTLEBELL DRAG THROUGH - SLIDER

**SIDE: BOTH SETS: 1 REPS: 10 WEIGHT: 4-6LBS TIMES PER DAY: 1
TIMES PER WEEK: 3-4**

HOW: Start on your hands and knees with a weight or object under your chest below your hands. You want to make sure there is minimal friction between the weight/object and the ground. Begin the exercise by getting into a high plank position. Then grab the weight/object with one hand, slide it in the direction of that arm as far as you feel comfortable with. Then switch hands, grab and drag the weight through in the opposite direction. Repeat

FEEL: This will feel like a full body workout. Your upper body will be working to support your torso and drag the weight/object. Your core and lower body will be working to maintain a high plank position.

COMPENSATION: Do not excessively rotate your upper body. It is ok if you're reaching and sliding the weight/object far. However, stay strong through your shoulder blades, do not let them wing when supported with one arm. Do not excessively raise or dip your hips or your low back.

STEP 1



STEP 2



ISOMETRIC HAMSTRING BRIDGE - ELEVATED

SETS: 1 REPS: 2 HOLD: 30S TIMES PER DAY: 1 TIMES PER WEEK: 3-4

AKA "Chinese Plank"

HOW: Begin with your shoulders resting on an elevated surface and another elevated surface at your feet. Place your heels up on the elevated surface with a slight bend in the knees. Push your hips up into an extended position to target your hamstring muscle group. Hold for the prescribed amount of time before returning to the starting position.

FEEL: You should feel your hamstring muscles behind your thighs working as you hold your body in the elevated position.

COMPENSATION: Avoid lifting your hips so high that you are compensating by arching through the back. Keep a neutral pelvic position as you raise your hips up.

STEP 1



STEP 2



OVERHEAD PRESS - SUPINE PRESS, HOLD, SIT UP, DYNAMIC PRESS
SIDE: BOTH SETS: 1 REPS: 15 TIMES PER DAY: 1 TIMES PER WEEK: 3-4

HOW: Lay flat on the ground with a band looped around the middle of your feet. Hold onto the band with both hands. While laying flat, press the band straight up and back overhead. From here while maintaining the band overhead, perform a sit up lifting your torso off of the ground into a sitting position. Lower down the bands in front of you. Then, press the bands up overhead three times. On the third press, lower back down into lying down with your arms overhead.

FEEL: You will feel your shoulder, core, and upper back muscles working.

COMPENSATION: Don't let the band pull your arms forward as you go back and sit up. Don't shrug your shoulders as you press, only allow motion in the shoulder during that part of the exercise.