

Suspension Training Core Strength

Exercise	Reps x Sets	Teaching Points
Knee Tucks	8 x 4	<ul style="list-style-type: none"> Put your feet into the straps with your knees and hands on the floor Take your weight on your hands and lift your knees off the floor so that your weight is across your legs and hands Engage your core muscles to hold your hips level with your shoulders Draw your knees into your chest slowly, take a pause and then slowly straighten your legs back out.
Pikes	8 x 4	<ul style="list-style-type: none"> Put your feet into the straps with your knees and hands on the floor Take your weight on your hands and lift your knees off the floor so that your weight is across your legs and hands Engage your core to hold your hips level with your shoulders Keep your legs straight, lift your hips up over your shoulders, aim to keep your back as flat as possible Lower yourself down until your hips are level with your shoulders again
Oblique Knee Tucks	8 x 4	<ul style="list-style-type: none"> Put your feet into the straps with your knees and hands on the floor Take your weight on your hands and lift your knees off the floor so that your weight is across your legs and hands Engage your core to hold your hips level with your shoulders Twist your hips to open up your chest to your right hand side and pull your knees in to your chest, close to your right elbow Straighten your legs, twist so that your hips are square and then twist so that you open your chest to your left hand side Pull your knees into your chest and to your left elbow Straighten your legs back out

Mountain Climbers	8 x 4	<ul style="list-style-type: none"> • Put your feet into the straps with your knees and hands on the floor • Take your weight on your hands and lift your knees off the floor so that your weight is across your legs and hands • Engage your core to hold to hips level with your shoulders • Pull your right knee into your chest and keep your left leg straight • Straighten your right leg back out and then pull your left knee into your chest • Straighten your left leg back out so that both legs are straight
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