

## Coach AI's BASIC COMBINATION 4 - POINT "STABILITY SERIES":

### ***FRONT - SIDES - BACK***

These series of four positions are an excellent starting point for improving core stability and strength. A great number of progressions and variations can be advanced from these simple but effective exercises. There are two primary variations to these exercises.

1. On the elbows (starting in a body pike).
2. On the hands (starting in a push-up).

Begin by assuming the prone position and then move slowly to a side support position on the right elbow while maintaining a tight core, then to a rear support position on your elbows, and lastly to a side support position on the left elbow. This is a physically demanding series, especially as your "hold" time increases!

Move slowly and deliberately and start with 20 seconds in each position and increase gradually for up to 2 minutes each. Remember to brace yourself and keep your core TIGHT before beginning and as you hold through each movement!



*Position 1: Prone*



*Position 2 & 3: Right Side / Left Side*



*Position 4: Supine*

As you master variation 1, elbow position, you should then progress to variation 2, hands down position.

**Keys:**

1. Maintain control, moving slowly and carefully from one position to the next.
2. Maintain a tight core as you transition from one position to the next. This is important! It is harder than you think!!
3. Keep track of how long you are holding each position.
4. Keep your head in line with your spine and look straight ahead (despite the head position of this model in Position 4!)