



# Pinnacle FITNESS

MOVE BETTER MOVE MORE

## 5 MOVES TO A HEALTHY BACK



# LOW AB TA ACTIVATION W/STABILITY BALL

Equipment: Stability Ball

Working Muscles: Transverse Abdominis AKA "Core"

## HOW

With your legs supported on top of a stability ball flatten your back firmly on the surface by tucking your pelvis forward.

Drive your knees towards your chest and pull your abs in towards your spine as tight as you can. Extend both legs out with the ball underneath and repeat.

## HOW MANY

Complete 3 Sets of 10 Reps





# DEAD BUG W/ DUMBBELLS (OPTIONAL)

Equipment: Dumbbells (optional)

Working Muscles: Abdominals

## HOW

Lay flat on your back with your knees bent and your legs in a table top position. Position both arms out in front of you with the weight controlled.

With your pelvis tucked forward and your belly button pulled in extend one leg out. Pull the extended leg back in and extend the other leg out and repeat.

## HOW MANY

Complete 3 Sets of 10 Reps





# GLUTE BRIDGE W/ HIP ABDUCTION

Equipment: Resistance Loop Band

Working Muscles: Glutes, Abductors, Hamstrings, Abdominals



## HOW

While laying flat on your back keep your knees bent and feet firmly on the surface.

Drive your force through your heels and lift your hips towards the ceiling. Be sure to squeeze your glutes and tightly pull your belly button to your spine as you raise your hips as high as you can. Once your hips are elevated push both of your knees out to your each side of your body.



## HOW MANY

Complete 3 Sets of 10 Reps



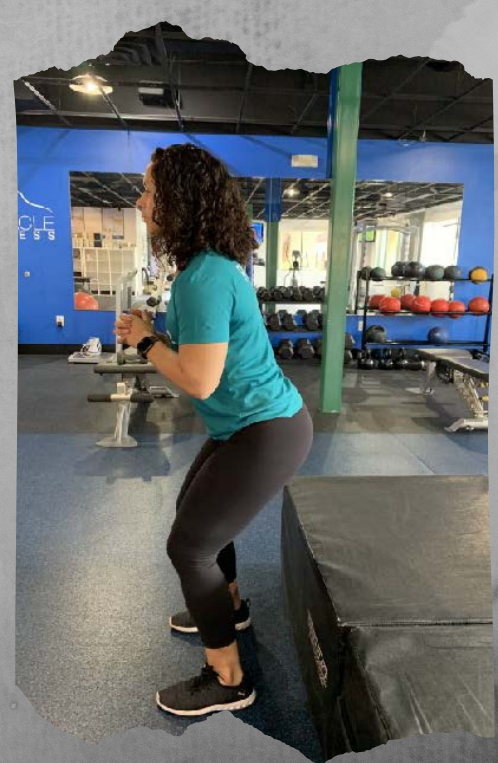
# 4-0-4 TEMPO SQUATS

Equipment: Chair or Box

Working Muscles: Glutes, Quadriceps, Hamstrings

## HOW

Start with a shoulder width stance. Brace your abs by pulling in your belly button away from your t-shirt and slowly sit your hips back as if you're sitting onto a chair. As you progress through this movement take your time pausing your hips at each stage of the squat as you make your way down to the box.



CONT..



# 4-0-4 TEMPO SQUATS CONTINUED...

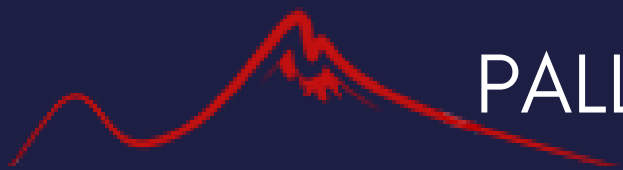
You will count to 4 seconds on the way down. Once contact is made slowly make your way back to the standing shoulder width position as you count to 4 seconds again.



## HOW MANY

Complete 3 Sets of 10 Reps





# PALLOF PRESS

Equipment: Cable or Long Resistance Band

Working Muscles: Abdominals



## HOW

Position your feet firmly on the floor in a shoulder width stance. Hold the handle of the cable or resistance band close to your chest.

Brace your abs tightly and then press the handle straight out in front of you. Once the arms are fully extended bring the handle back to the center of your chest all while keeping our belly button pulled into your spine.



## HOW MANY

Complete 3 Sets of 10 Reps





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