

# Common Corrective Exercises

## **Hard-Style Plank**

Have your client start by resting on the forearms and toes while keeping the body in a straight line from neck to ankles. Ensure the client “tucks the chin” to activate the deep neck flexors. Direct them to “squeeze the glutes and quads.” Have the client “bear down,” pulling the elbows and feet toward the hips without any change in body position. Perform a 10-second hold with as much force as possible for 3 sets, 30-second rest between each set.

## **Monster Walk**

Have client place a resistance band above the knees on lower thigh and sit back or “hip hinge”. “Tuck the chin” and tighten the core as they step forward with one foot, landing with a flat foot. Ensure the knees do not pull inward. Instruct client to take 3 steps forward with each foot. Not stops in between. Then 2 steps, then 1 step. Perform 3 sets of each 3-2-1 steps each foot with a 30-second rest in between sets. Work up to an increase in the number of steps each foot.

## **Downward Dog**

Have clients place hands on the ground, slightly wider than shoulder width, hips held high. Keep the legs straight, heels as close to the ground as possible, tucking the chin. Have the client push through the palms, moving the chest toward the thighs. Hold here for 3-5 seconds. Return to the starting position, then repeat 3 times for 1 set. Perform 3 sets with 30-45 seconds of rest between each set.

## **Wall Elbow Walk With Band**

Instruct client to wrap a single resistance band around the back of their hands, holding free ends between the thumb and index finger. Place forearms and elbows against wall, elbows same height and width as the shoulders and forearms perpendicular to floor. Instruct them to “pull the ribcage down and in” and externally rotate the shoulder while mainlining elbow position. Then have them slowly walk their elbows up the wall alternating right and left sides a few inches at a time, then back down. Perform 3 sets with 30-60 seconds of rest in between each.

## **Y Raise On A Swiss Ball**

Have client use two light dumbbells and lie chest down on a stability ball large enough to cover entire trunk area. Have client hold arms straight out at ten and two o'clock, hands just above the floor, palms facing each other. Have your client “tuck the chin” then draw the shoulder blades down toward the hips to lift the arms. Arms continue upward until they are parallel to the floor, hold at the top for two seconds, then slowly lower back down to starting position. Repeat for 8-10 reps, for 3 sets, with a 45-second rest between each set.

## **Lateral Step With Mini Band**

Have the client place a resistance band above the knees on lower thigh and sit back or “hip hinge”. They should “tuck the chin” and tighten the core as they step to one side. Feet should never go any narrower than shoulder width. Have them take 3 steps in each direction without stopping in between, then 2 steps, then 1 step. Perform 3 sets of each 3-2-1 steps each direction with a 30-second rest in between sets. Work up to an increase in the number of steps in each direction.

## **Rev. Goblet Lunge With Band**

Secure a resistance band to a stable structure at the height of the client's knee and then loop the band around the knee. Have client hold a dumbbell or kettlebell in the goblet position, squeezing the elbows together to activate the lats. The client steps back with their free leg to a reverse lunge, maintaining a vertical trunk. Repeat for 8-10 reps per leg, for 3 sets, with a 45-second rest between each set.