

# Dryland Maintenance



Aquatic Posture Recommendations:

## Front Plank

- A. w/ plate pick ups
- B. w/ 1 arm reach
- C. w/ hip extension
- D. w/ hip abduction
- E. w/ 1 arm band row
- F. w/ 1 arm 135 degree extension

## Side Plank

- A. w/ hip abduction
- B. w/ 1 arm band row
- C. w/ shoulder horizontal abduction and adduction
- D. w/ hip extension

## Pallof Press Progression with Band

- A. Tall Kneeling
- B. Standing
- C. Standing w/ Overhead Press
- D. Tall Kneeling w/ perturbations
- E. Standing w/ perturbations

## Hallow Holds

- A. w/ dumbbell in hands

## Ab Wheel & Physio Ball Routines

- A. Stir The Pot
- B. Roll Outs
- C. Knee Tucks
- D. Pike Ups

## Suspension Training Routines

- A. Fall Outs
- B. Knee Tuck
- C. Pike Ups
- D. Knee to Opposite Elbow