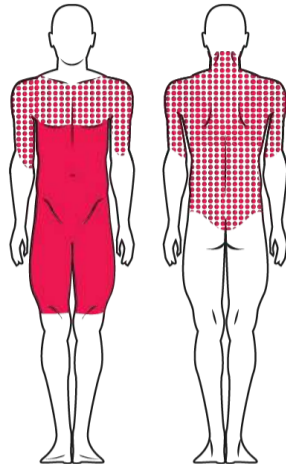


Prone Bridging

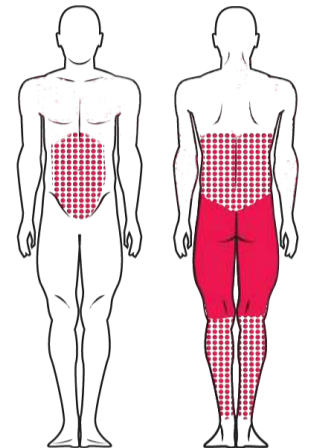


Lie on stomach with feet in straps. Arms supported on forearms. Lift pelvis up to a straight body.

Progression: Lift with one leg. On straight arms

Variation: Push body back and forth, move legs out to the side.

Supine Knee Flexion

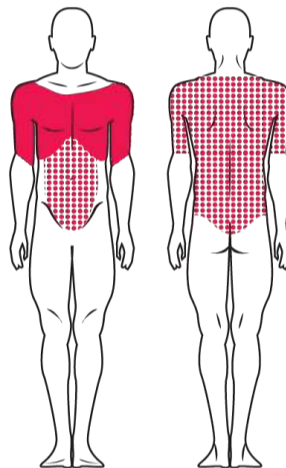


Straps under heels about 30 cm above surface. Lift pelvis up to a straight body. Flex knees and hips by pulling heels as far as possible towards buttocks.

Progression: One foot, balance cushion between shoulder blades

Variation: Cycling movements

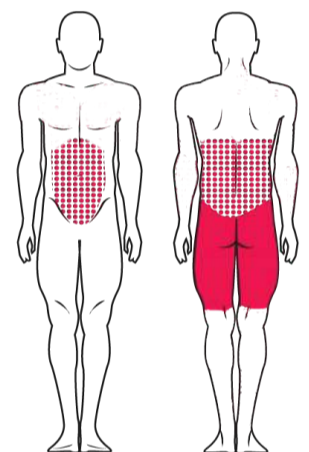
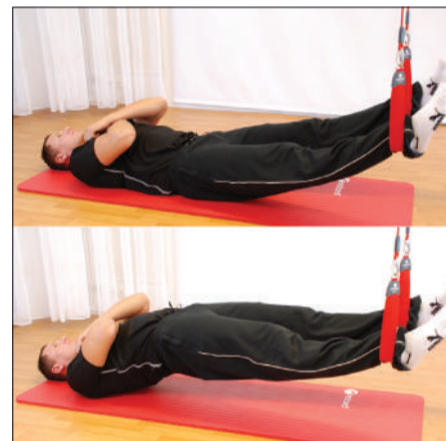
Push up Plus



Lower the ropes to desired height and do push-up. Protract (make arms long) shoulders when arms are straight. Avoid touching ropes for support.

Progression: Knees on balance cushion, on toes, use one arm

Supine Bridging

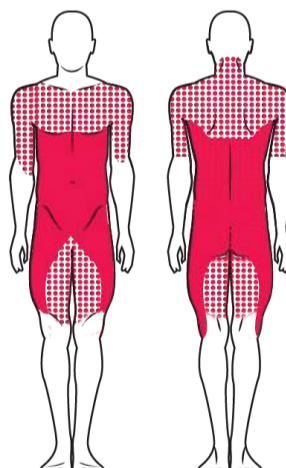


Straps at ankles about 30 cm above surface. Lift pelvis up to a straight body. Return to starting position.

Progression: Balance cushion between shoulder blades. Lift with one leg.

Variation: Move legs out to the side

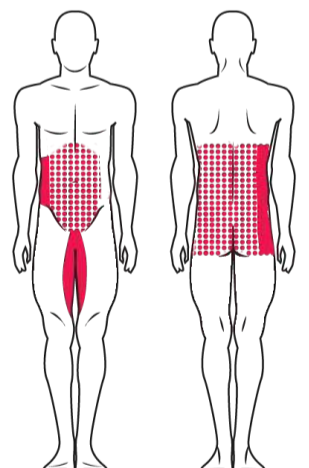
Side-Lying Hip Abduction



Lie on side with wide sling about 30 cm above surface. Press lower leg into sling (hip abduction) to lift body until body is straight. Lift upper leg.

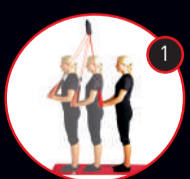
Progression: Balance cushion under shoulder, on forearm, on straight arm

Side-Lying Hip Adduction



Lie on side with wide sling about 40 cm above surface. Press upper leg into sling (hip adduction) to lift pelvis until body is straight and at the same time lift lower leg.

Progression: Balance cushion under shoulder, on forearm, on straight arm.



All exercises can be adjusted to be more or less challenging by combining the following elements;

1. **Alter your position according to the suspension point**



2. **Adjust the height of the straps**



3. **Alter the straps position on the body**

How to train efficiently:

Start training on a level where the exercises can be performed correctly. Gradually increase the load according to the principals as strength gains occur. Important:

- Keep your back straight at all times
- Do 4-6 repetitions and 3-4 sets of each exercise
- Do the exercises slowly and controlled

You find more exercises and videos on www.redcord.com