



# Strength & Stability Training

## Phase 1





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EXERCISE	DESIRED SET/REP/REST			FEB 12TH	FEB 14TH	FEB 19TH	FEB 21ST	FEB 26TH	FEB 28TH	MARCH 5TH	MARCH 7TH	MARCH 12TH	MARCH 14TH	MARCH 19TH	MARCH 21ST
<b>3a. Elevated Mountain Climber:</b> Keep core engaged - do not allow back to sag or pelvis to rotate. Progress by placing hands on BOSU (while keeping it level) Tempo: SLOW	3	Up to 15 each side	0	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1
				<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2
				<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3
<b>3b. Side Plank Progressions:</b> i)Side Plank from Knees, ii)Side Plank from Feet, iii) Side Plank with Hip Abduction, iv) Side Plank with Ipsilateral Shoulder Horizontal Adduction/Abduction Hip Flexion Extension. Progress first with the duration - then with the level of progression. Tempo: static (static + slow limb movement)	3	Up to 60 secs	0	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1
				<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2
				<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3
<b>3c. Bilateral Stance Cable Static Rotation Press:</b> Keep core engaged - do not allow hips to shift or pelvis to rotate. Begin with low load and maintain good alignment. Gradually progress with increased resistance - while still maintaining strict form. Tempo: slow + 3 sec hold	3	Up to 12 reps of 3 secs	1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1	<input type="checkbox"/> S1
				<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2	<input type="checkbox"/> S2
				<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3	<input type="checkbox"/> S3
FOR THE FIRST WEEK, PERFORM ONE OR TWO SETS OF EACH EXERCISE. DURING THE SECOND WEEK PROGRESS UP TO THREE SETS ENSURE STRICT TECHNIQUE THROUGHOUT ALL EXERCISES, AND MAINTAIN THIS TECHNIQUE AS YOU PROGRESS THE INTENSITY. THERE SHOULD BE NO PAIN WHILE PERFORMING ANY OF THE EXERCISES, IF PAIN IS EXPERIENCED STOP THE ACTIVITY AT ONCE.															

### FOR ADDITIONAL RESOURCES:

Please visit the Expedition Utah 2013 Website, to view instructional videos featuring John Zahab.

