

Nailing The Basics



BALS Warm Up

B - BALANCE
A - ACTIVATION
L - LENGTHENING
S - STABILITY

1

Arabesque to lunge

Aim: To keep your balance and not put your foot down until the lunge.
Process 1: To make yourself as long as possible in the arabesque.
Process 2: Soft landing and controlled lunge.

2

Lunge & Twist

Aim: To keep your balance and posture throughout both movements.
Process 1: Maintain lunge control during twist movement.

3

Hop & Hold

Aim: Keep your balance don't put foot down until changing legs.
Process 1: Soft landing and bent knee.
Process 2: Knee position over toes and hips level for and during landing.

4

Monster Walks

Aim: Should mainly feel glutes working.
Process 1: Keep a low position and hips level throughout movement.
Process 2: Keep upright posture - No Leaning.

5

Peck Stretch

Aim: Should aim to feel a stretch in the chest and shoulder.
Process 1: Keep the shoulder and elbow at 90 Degrees.

6

Sleeper Stretch

Aim: Get your forearm as close to the ground as possible.
Process 1: Elbow should be straight out from your shoulder.
Process 2: Don't pull your wrist - Push through your forearm.

7

Single leg band sword draws

Aim: Keep your balance without putting your foot down.
Process 1: Keep your arm straight that is pulling the theraband.
Process 2: Add a knee dip to make it harder

8

Shoulder Control

Aim: Keep an upright posture through movement.
Process 1: Solo exercise - Pull the band straight over head.
Process 2: Partner exercise - Keep your elbow in position.

9

Deep squat to side lunge

Aim: Keep the hips down and chest up throughout the movement.
Process 1: You can use your hands on the floor for balance if needed.

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THE VIDEO

