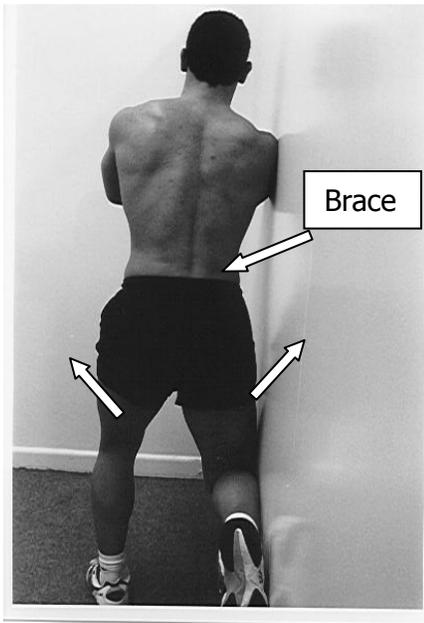




Wall Dip

Purpose - To improve core stability around the lower back and pelvis



Key points:

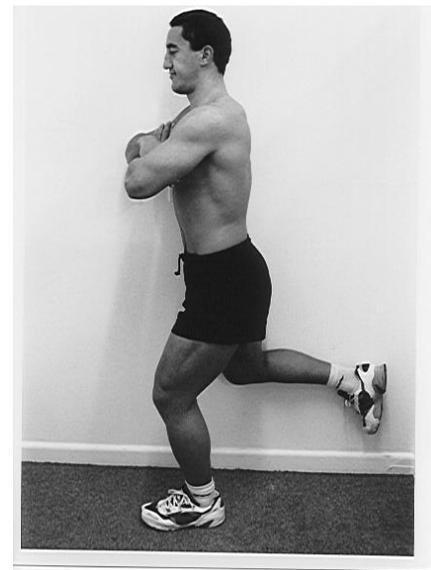
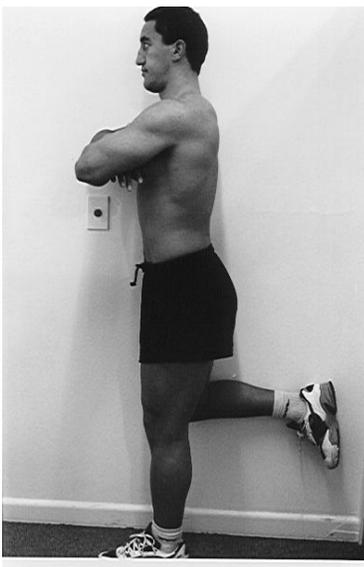
Outside foot placed in line just inside outer hip
Tuck pelvis under by pulling up with low abdominals and squeezing buttocks

Action: Try to push the wall down by bracing the low abdominals and buttocks and forcing the knees apart.

Hold _____ seconds. Repeat _____ times

Key Points:

- Look straight ahead
- The inside leg is slightly behind the mid line.



Key Points:

Outside knee slightly bent
Middle of the knee in line with second toe