

Figure 5.1 / Stability training progressions

BODY POSITION	STANCE	ARMS MOVEMENT	LEGS MOVEMENT	LOAD
Lying (prone or supine)	Parallel feet	Both arms together	Jumping (both feet)	Bodyweight
Quadruped / Plank (knees on the floor)	Split feet wide	Alternating	Bounding (left to right foot)	Bands
Quadruped / Plank (knees off the floor)	Split feet in line	One-arm	Hopping (single leg)	Barbell
Tall kneeling	Single leg			Dumbbells
Half-kneeling				Medicine balls
Standing				