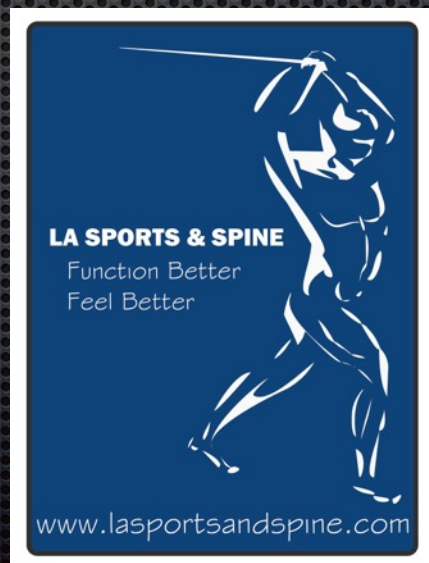
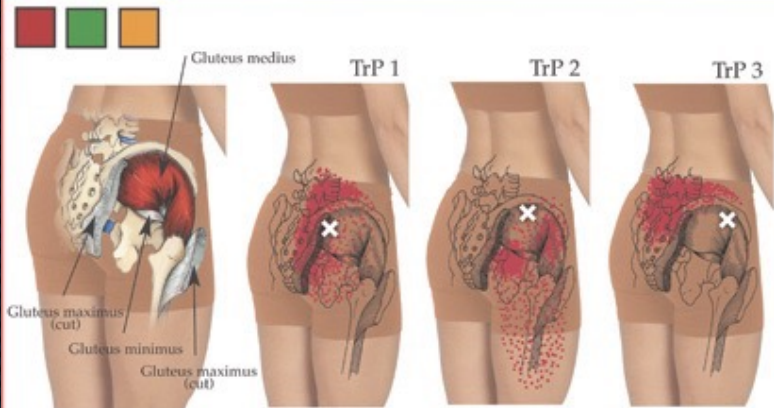


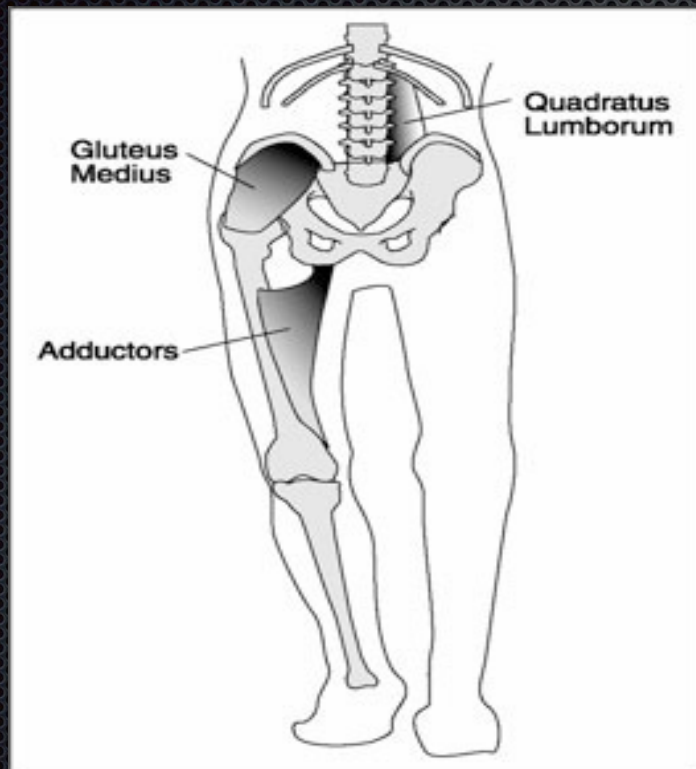
IX) Single Leg

Note: Include multi-planar challenges



Gluteus Medius

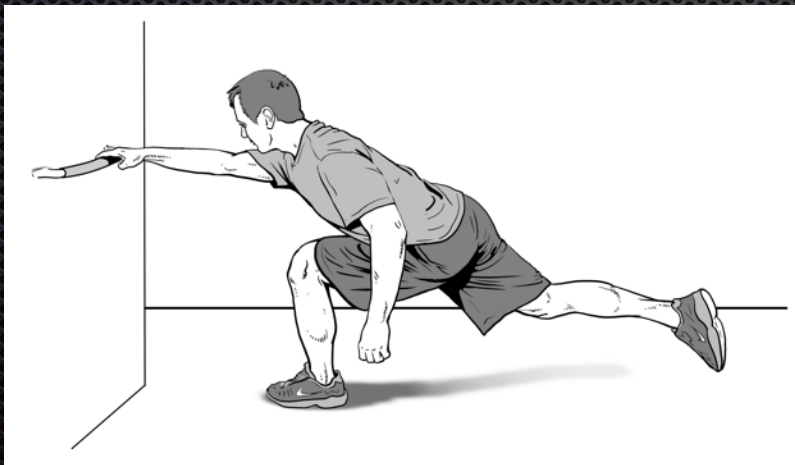
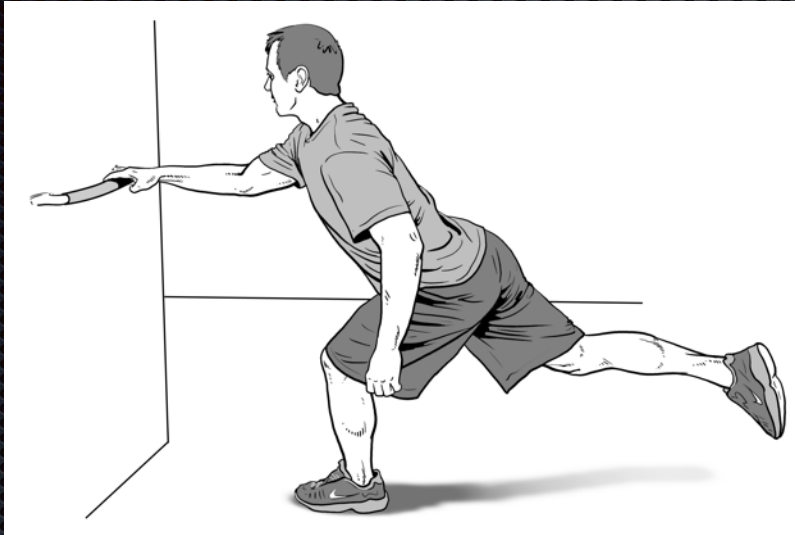




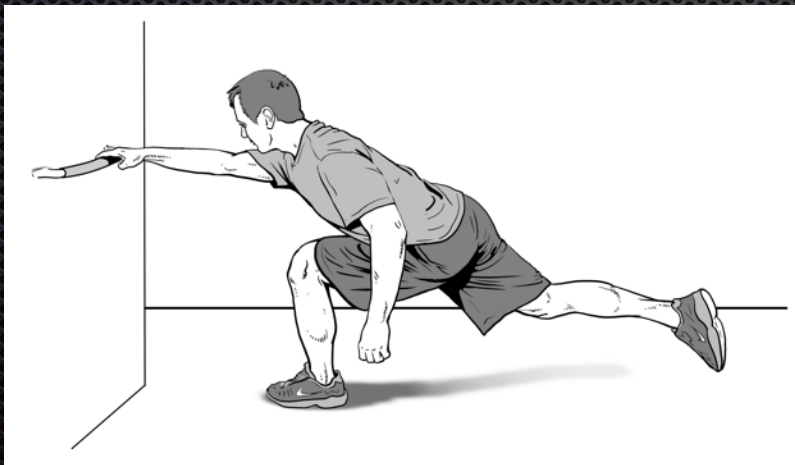
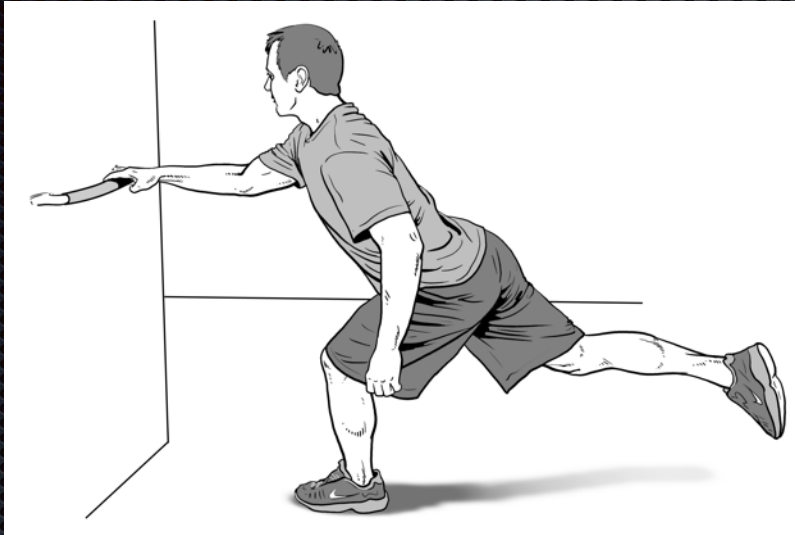
f) Single Leg

1. Supported Functional Reach
2. Skater Squat
3. Lateral Wall Drill
4. Crossover Wall Drill
5. Balance Reaches
6. Hip Airplane
7. Wall Ball

1. Supported Functional Reach



1. Supported Functional Reach





FUNCTIONAL REACH

2. SKATER SQUAT

3. Lateral Wall Drill



Lateral Stability & Leg Drive





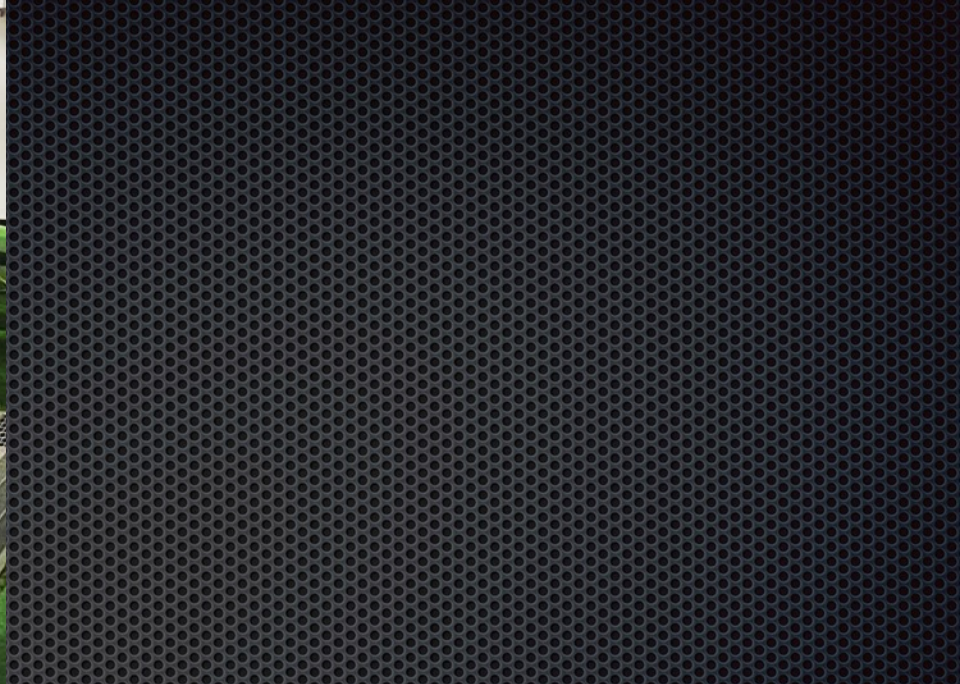


4. Crossover Wall Drill



Deceleration for Crossover Step







5. Balance Reaches– p649

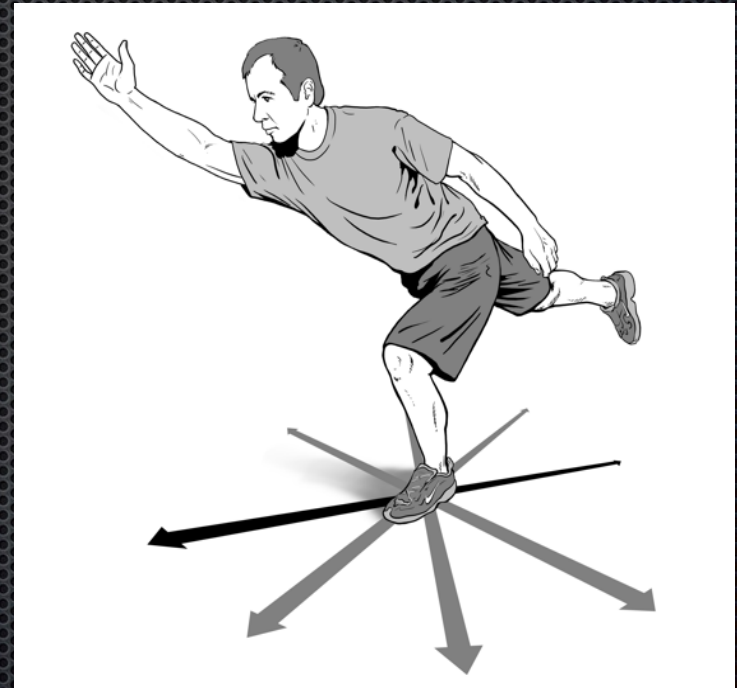
- ✦ Gary Gray's Functional Star Matrix
- ✦ Single leg stance w/ arm or leg reaches



The Functional (Balance) Reach



Running Man



Bowler

Functional Reach (reactive)

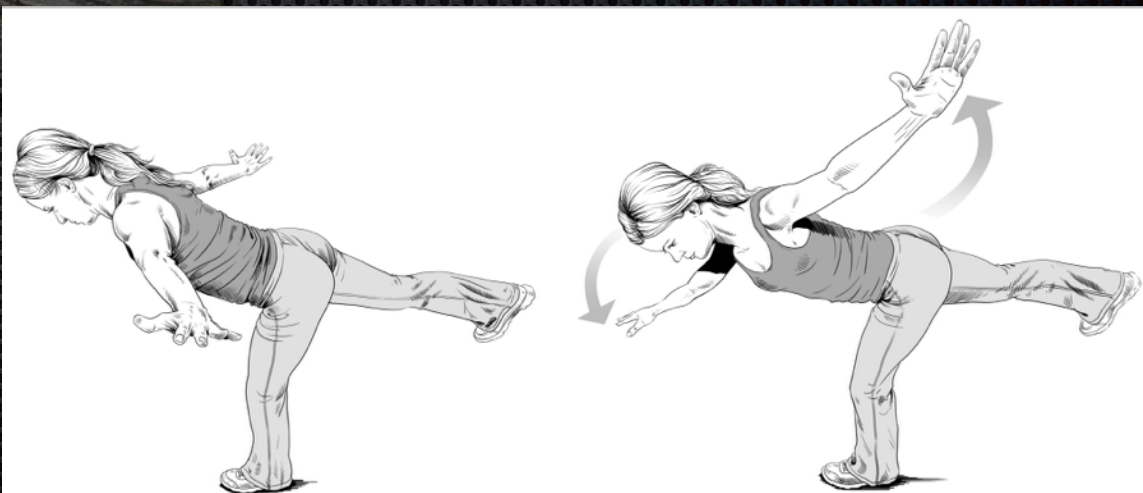


Regression:

1 Leg Bridge w/ 'reactive' Resistance



6. Hip Airplane



Bird Dog & Bear Regressions



Open/Close Book
Rock back & forth

7. Wall Ball

Functional Reach

