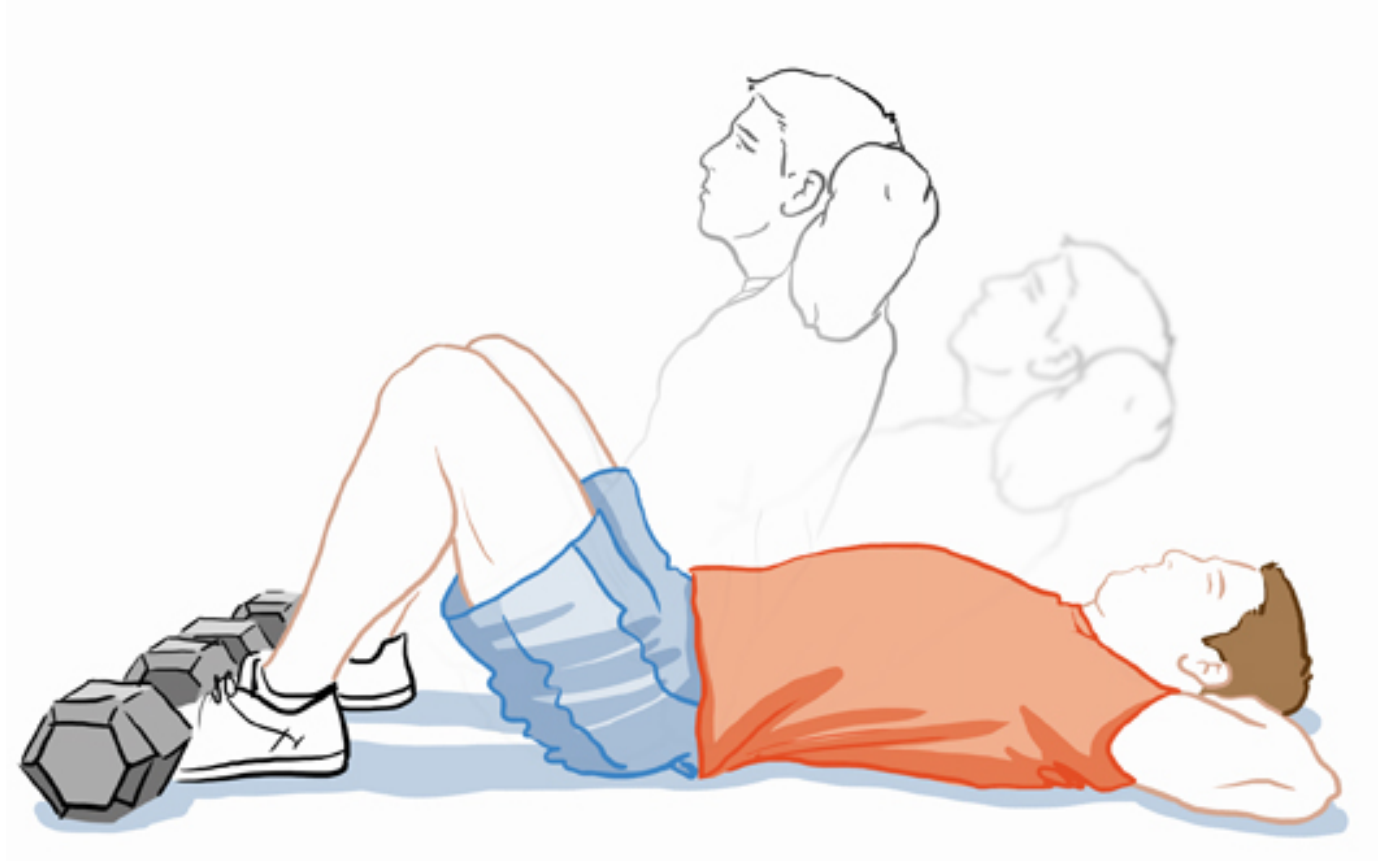




Scott's Killer Core Routine:

Strict Sit Ups: This version of the sit-up is meant to isolate the deep hip flexor muscles by eliminating flexion of the spine. Assume a normal sit up position: knees bent to about a 70 to 90 degree angle, back flat on the floor, toes hooked under

something you can pull against. Cross your hands over your chest so that your fingers are resting on your collarbones. Now slowly, and in control, sit up by only flexing at your hips. Do not crunch by curling your spine. Keep your spine in a neutral (straight) position while coming up to the point where your elbows touch the top of your thighs. Return to the start position for one repetition.

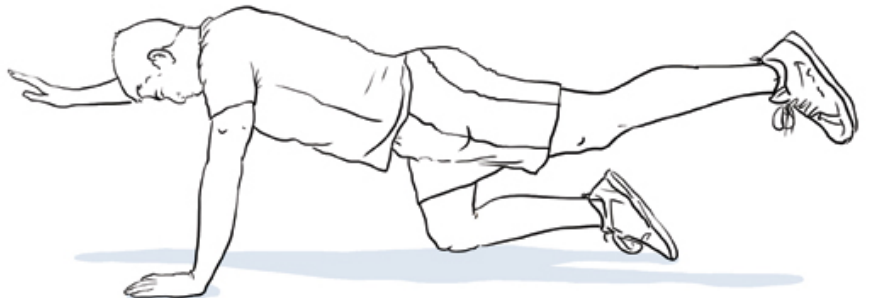
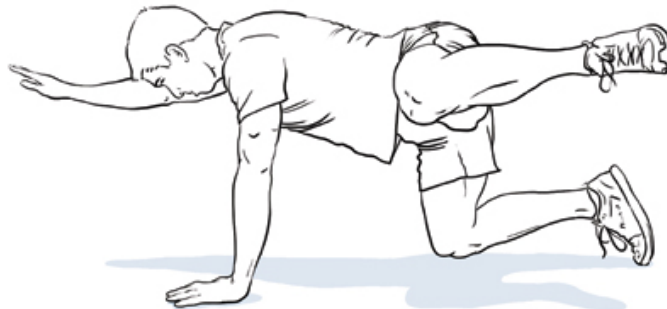


Bird Dog: This exercise combines hip flexibility with transverse core strength. Get on all fours with knees directly below your hips and hands directly below your shoulders. From this decidedly dog like position pick up one leg and, while holding the knee bent at 90 degrees, move the hip joint through the full range of motion. This means drawing a big ellipse with your knee in the air. At the same time you are working hip strength and range of motion, pick up the opposite arm of the leg you are moving, and point it horizontally in front of your shoulder so that it is in line with your back. You may not feel this exercise is too tiring, but more than likely that is because you have poor hip mobility.



Windshield Wiper:

The name for this one suggests the action of your legs as they wipe across an imaginary windshield. Lie on your back with your arms outstretched from your shoulders with palms placed against the floor. Now flex your hips so that your feet are together and pointed at the ceiling. Slowly rotate your hips so that your feet lower to the floor to one side; keep your feet locked together



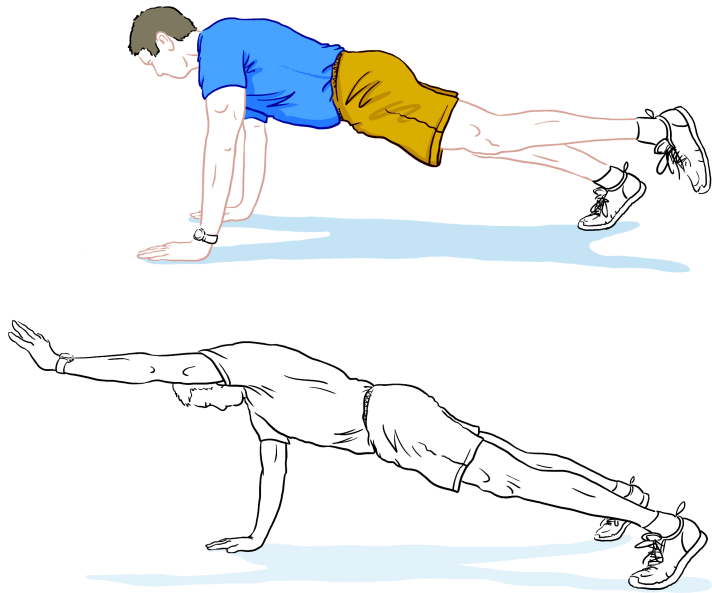
with knees straight. You'll want to resist the rotation of your shoulders by pushing down hard with your hand on the side you are rotating toward. Just lightly touch the floor with the side of the lower foot before raising

both feet back to the 12 o'clock position, and on to the other side where the other foot will touch down. Return your feet to the 12 o'clock position to complete one repetition. Do this slowly and with control. If you cannot manage to keep your knees straight, or legs together, then bend your

knees and do the same rotation while keeping your knees together and knees pointed at the ceiling when you are in the 12 o'clock position.



Three Point: The intention of this exercise is to build a strong neural connection between opposing limbs. Assume a good push up position (a straight line running the length of your back and legs) with hands directly under you shoulders and feet spread about two feet apart. To start: pick up one hand without rotating your shoulders or hip. Point that hand straight out in front and in line with your spine; hold till you feel your shoulders rotate, hips rotate or your back sag, anything that gets you out of the straight line you were in when you started the push up position. In turn, pick up each limb and hold till failure. When this is no longer a challenge you can pick up the opposite hand and foot, and hold that in line form. We have some athletes that do this exercise with as much as a sixty-pound weight vest.

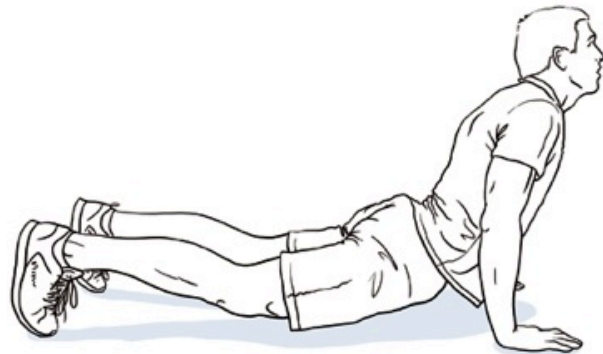


Kayaker: By mimicking the counter rotation of the hips and shoulders that a kayaker does we can target some of the deepest core muscles connecting the spine to the pelvis. Sit on the floor with legs stretched out in front of you. Bring your knees up to a 90- degree bend and lift you feet a few inches off the floor. Clasp your hands together in front of you and rotate your shoulders so that you can touch your hands to the floor lightly just beside one hip. Rotate all the way to the other side and touch the floor again. Do this slowly and in control. Hold a dumbbell and touch it to the floor for added resistance.



Super Push Up: This exercise owes much to the yoga postures of downward dog and cobra. Start in a modified push-up position with hands and feet just wider than shoulder width. While keeping your arms and legs straight, walk your feet closer to your hands so that your hips rise up toward the ceiling. From this inverted V position bend your elbows to touch your nose to the ground between your hands. Then, without rising up, touch your chin, followed by your chest to the same spot. Brush the front of your body across this imaginary line drawn between your hands. As your rib cage reaches this line you begin to swing your head in upward arc; at its apex your arms are straight again, your hips pressed near the floor, your shoulders pulled back and your spine hyperextended.

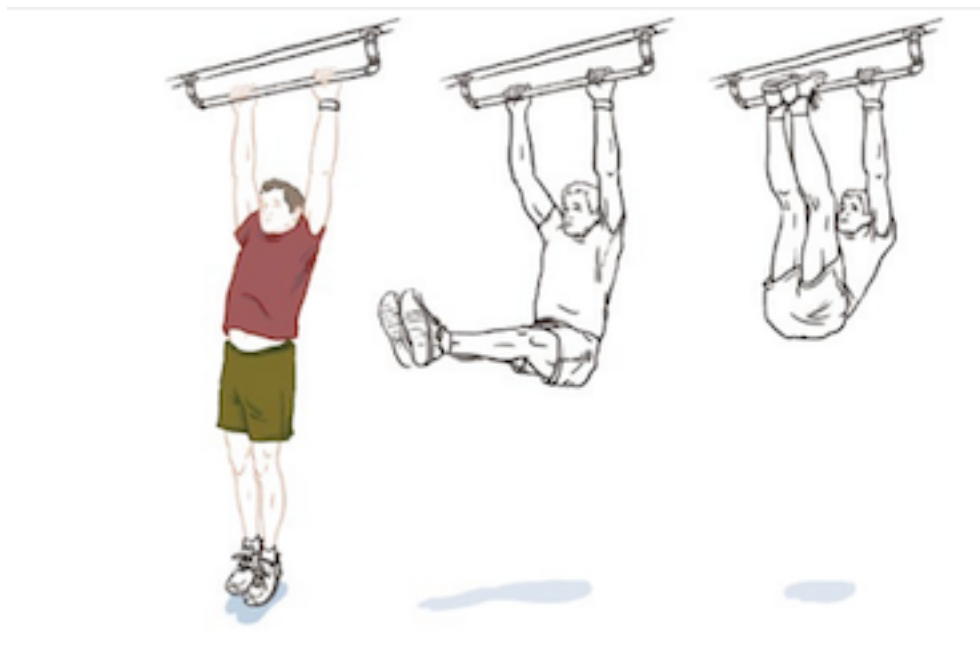
Reverse this movement by slowly lowering first your ribs and then brush all the same body parts across the imaginary line between your hands until you are back in the inverted V starting position.



Hanging Leg Raise: (straight and bent arm) A great climbing related exercise for steep routes. Hang from a bar with arms bent at a locked off position of 90 degrees. While keeping your legs straight, raise your feet above the bar and slowly lower. This combines the climbing specific shoulder position with core control. A variation that is more focused on the core is to hang straight armed from the bar and slowly raise your straight legs to touch the bar with your feet. Do not let your body swing from the bar with either variation.

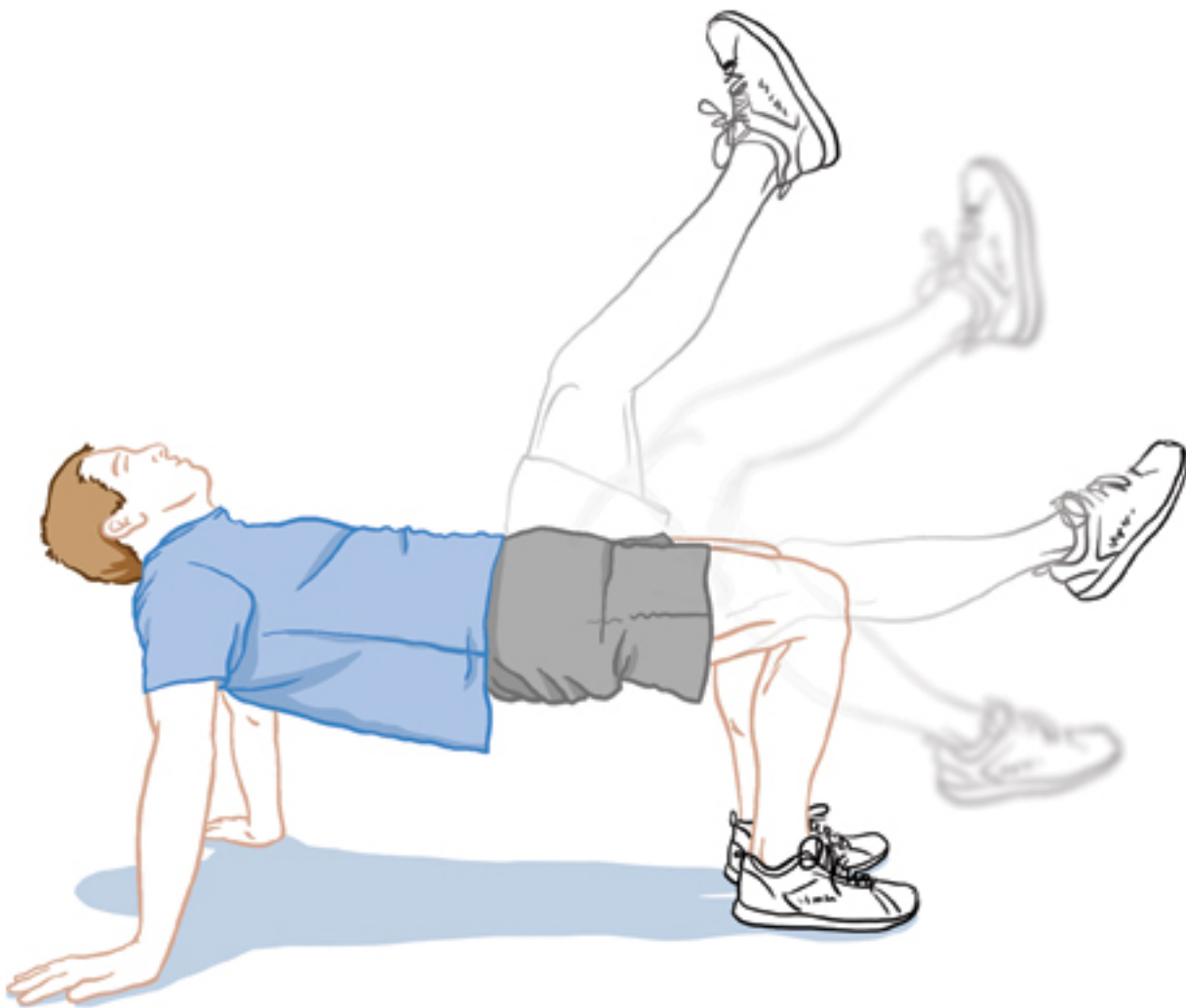
If you cannot do this with straight legs then start by using bent knees in the locked off position and pull your knees to

your chest. When you can complete ten reps of this, progress by holding first the top position for five seconds and then the middle position for five seconds, while slowly lowering your knees. Once you can do this for four or five reps then you are ready to start using straight legs.

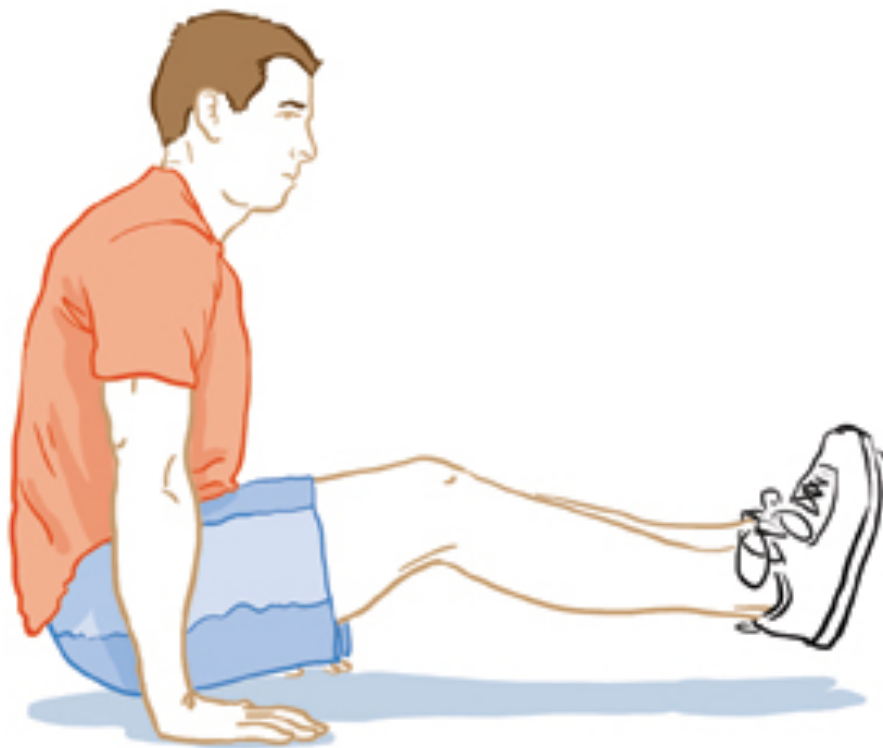


If you have a partner, have them help lift your straight legs slowly up to the top and then, without assistance, slowly lower your straight legs to the bottom without swinging. If you have no partner then kick your legs to the top anyway you can and slowly lower them back to the bottom. Start with bare feet; we have known climbers who can do this with double boots on.

Bridge: In this exercise you will form a bridge (or coffee table) by getting onto all fours with your belly facing the ceiling. Hands directly below shoulders, feet flat on the floor directly below your knees: all angles should be nice and square. The first step is to push your navel toward the ceiling as far and hard as you can. Hold that position for as long as you can. For many, this will be enough of a challenge. The next stage is to lift one foot off the floor by straightening that knee. Your straight leg will be in line with your torso. Hold this while pushing your navel up. If you can do this without dropping your hips, then you are ready for the last stage: flex the hip of that raised leg so that your toes point to the ceiling. Do this all while keeping your navel pressed high. Hold this end position as long as possible without your core sagging.



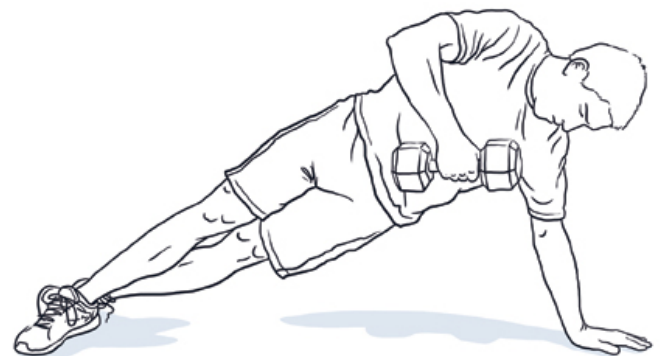
The gymnast L-sit: Teaches balance, hip flexibility, and tension from the fingers to the toes. Sit squarely on the floor, toes pointed, knees straight. Place your palms on the floor so that your fingers point toward your toes and the heel of your hand is about even with your crotch. Slowly rock your shoulders forward so that your shoulders come over your hands as your elbows straighten and your shoulders drop slightly. These two actions combined will lift your hips off the floor. Push down hard through your hands and lift your feet while keeping your knees straight. Don't be dismayed if you cannot get your feet off the floor at all, or if you can, it is only for a split second. Keep working at it no matter how short a time you can get your feet up. Eventually you'll be able to hold your feet outstretched for many seconds. Start with bare feet.



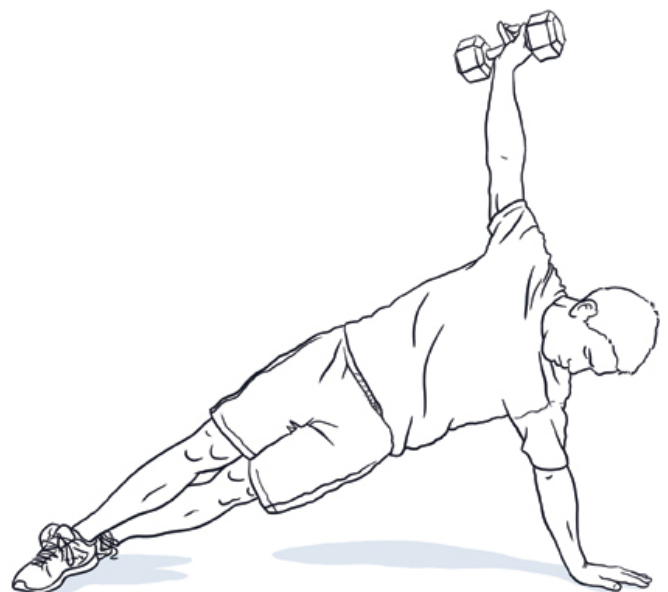
Side Plank: Make your body into a rigid plank, but do it while on your side with your shoulders supported by one hand and both feet on the floor. Keep your legs straight and in a straight line from your head, through shoulders and hips, to your feet. Raise the high arm and point the fingers to the ceiling. Slowly rotate about the weighted shoulder so that your high arm (while remaining straight) can come down and touch the floor next to the supporting hand. Raise the arm back to the top position for one repetition. When this is easy for you add a dumbbell in the high hand. It is important to maintain the plank-like straightness (both vertically and horizontally) along your back and legs. Don't sag or stick your butt in the air as you rotate about that shoulder.



The idea is to hold the best, strictest form you can regardless of how few reps you can do, or how short a time you can hold a particular pose. When any of these things happen it indicates that the muscles have reached the point of failure and have received as much training stimulus as they can absorb. Do not allow poor form to take over. Unlike endurance training, quality is far more important than quantity.



Some of these exercises may be easy for you and some may be impossible. Try them all at first. If some are too hard, just keep trying them. If some become too easy you can add resistance by



holding a weight or wearing a weight vest or changing them to increase the difficulty. Always be guided by the principle of maintaining maximum core tension. If some exercises are still too easy then leave them out of the routine and focus on your weaknesses. Do this once through as a warm-up for any strength training workout, or do it two or three times through as a stand-alone workout.