

10 Entry-Level Exercises that Every Climber Should be Rocksteady Doing:

Bird Dog

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 3



Setup

Begin on all fours, with your arms positioned directly under your shoulders.

Movement

Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

Tip

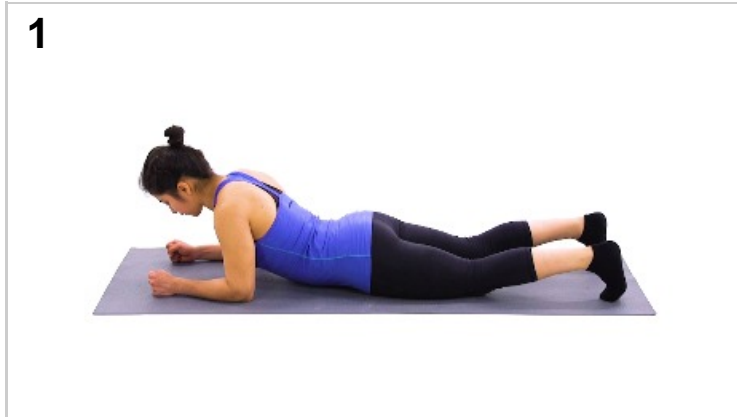
Make sure to keep your abdominals tight and hips level during the exercise.

Progression:

Do this on a balance ball (with your hips resting on the ball) and/or swap to a wobble disc under a knee or hand.

Standard Plank

REPS: 10	SETS: 3	HOLD: 2 SEC	DAILY: 1
WEEKLY: 3			



Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

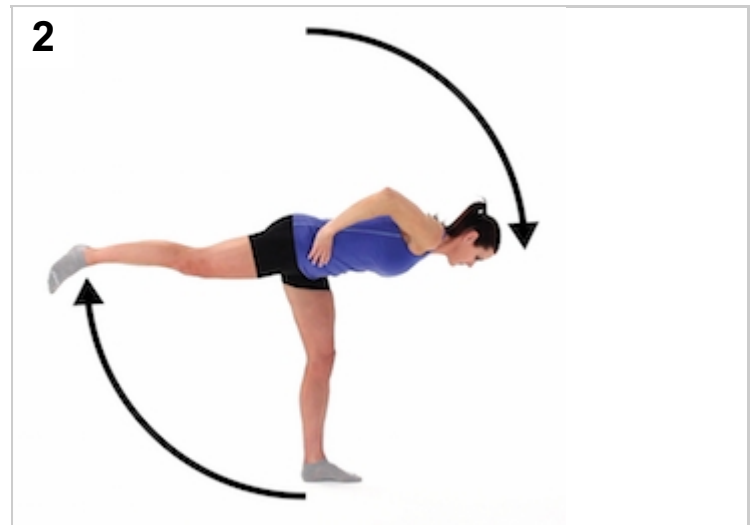
Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

Progression:

Next work into unweighting one foot and then the other, and finally into around the world, where we unload one hand or foot at a time, working clockwise in a circle.

Forward T

REPS: 10	SETS: 3	HOLD: 1 SEC	DAILY: 1
WEEKLY: 3			



Setup

Begin in a standing upright position with your hands resting at your waist.

Movement

Balancing on one leg, bend at your hips and slowly tilt your body forward while extending the other leg backward, then return to the starting position and repeat.

Tip

Make sure to keep your back straight, and don't let your knee collapse inward during the exercise.

Progression: Add a weight in the non-stance hand (opposing) start at 8-10lb. OR add a hop/jump.

Side Plank on Knees

SETS: 3
HOLD: 15 SEC
DAILY: 1
WEEKLY: 3
1

2


Setup

Begin lying on your side with your knees bent, propped up on your forearm. Your elbow should be directly under your shoulder.

Movement

Engage your abdominal muscles and raise your hips up into a side plank position, keeping your knees on the ground. Hold this position, then return to the starting position and repeat.

Tip

Make sure to keep your core engaged during the exercise. Do not hold your breath or let your hips roll forward, backward, or drop towards the floor.

Progression:

Next, move up to your feet, then when ready, to a single foot in a star pose. We can make this extra hard by doing “sewing the needle” with the opposite hand!

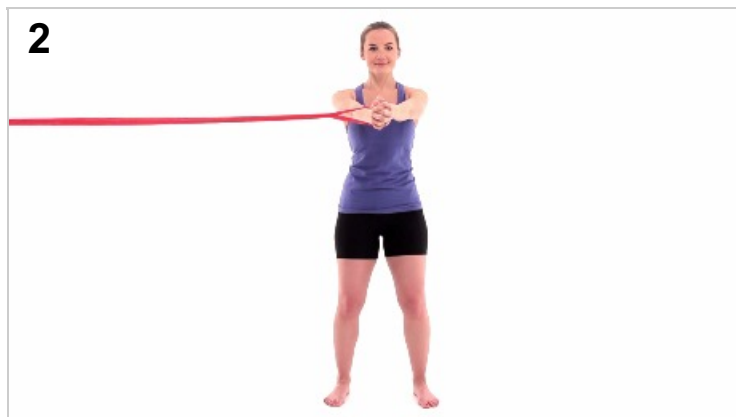
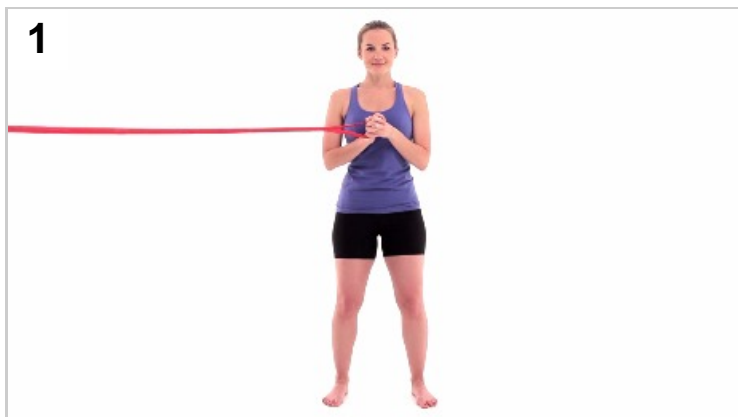
Standing Anti-Rotation Press with Anchored Resistance

REPS: 12

SETS: 3

DAILY: 1

WEEKLY: 3



Setup

Begin in a standing upright position holding a resistance band in both hands that is anchored at your side.

Movement

Press your arms straight forward. Hold briefly, then bring your arms back in and repeat.

Tip

Make sure to keep your knees slightly bent and do not let your trunk rotate as you press the band forward.

Next:

Progress with standing on one leg, standing on a wobble board with one leg, and then to doing flagging with the feet while on the wobble board or disc.

Shoulder Stability Plank with One Hand on Rocker Board

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 3



Setup

Begin on all fours with a rocker board in front of you.

Movement

Place your hand in the center of the rocker board and extend your legs backward into a plank position. Lift your opposite arm and maintain your balance in this position.

Tip

Make sure to keep your back flat and maintain a slight shoulder blade squeeze. Do not shrug your shoulders during the exercise.

Progression, bring opposite knee to chest, elbow, or opposing elbow while maintaining stability.

Overhead and Behind Back Towel Passes on Stability Ball

REPS: 12

SETS: 3

DAILY: 1

WEEKLY: 3

1



2



3



Setup

Begin lying on your front with your trunk resting on a swiss ball, holding a towel in your hands overhead. Your arms, torso, and legs should be in a straight line.

Movement

Keeping your stomach muscles engaged slowly pass the towel behind your back, then back around overhead, so the towel moves in a large circle.

Tip

Make sure to keep your core engaged and maintain your balance during the exercise. Do not shrug your shoulders or arch your back during the exercise.

V Sit Leg Extension on BOSU® Ball

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin sitting on a BOSU® ball with your legs straight and hands resting on the edge.

Movement

Sit back on the ball and bend your legs, then straighten them and lean your trunk backward at the same time. Repeat.

Tip

Make sure to keep your back straight and abdominals tight during the exercise.

Progression: If you do not have abdominal and lumbar control, extend legs only to where you feel your low back begin to extend or flex and stop. We want our low-back in ONE position and acting like a solid joint (the one joint rule). Meet your body where it is and focus more on pelvis and low back position and not how far your legs go in the beginning. Once easy, we can begin rotating knees to the left and then the right as we maintain a strong core and pelvis.

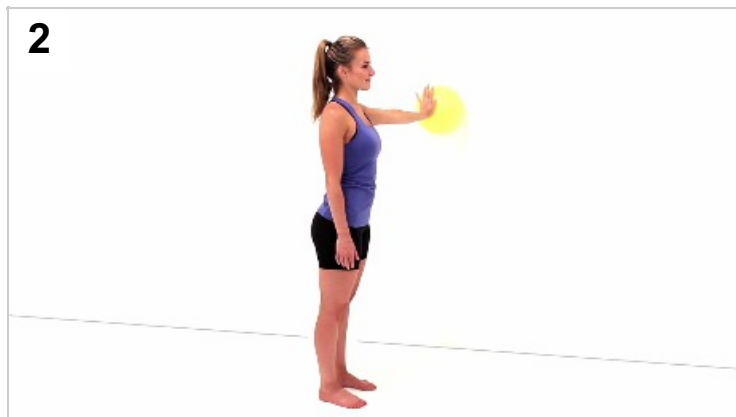
Standing Wall Ball Circles in Scaption with Mini Swiss Ball

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position holding a small weighted ball against a wall, with your arm straight and your torso turned about 30 degrees toward the wall.

Movement

Gently push into the ball, then roll it in small, tight circles, moving only your arm. Then change direction and repeat.

Tip

Make sure to keep your back straight during the exercise.

Progression, get a bigger ball, lean more weight on the ball. Once easy, move the ball to the floor to add more weight/body loading into the joint. Watch the trapezius and keep the top of your shoulder soft while doing this exercise.

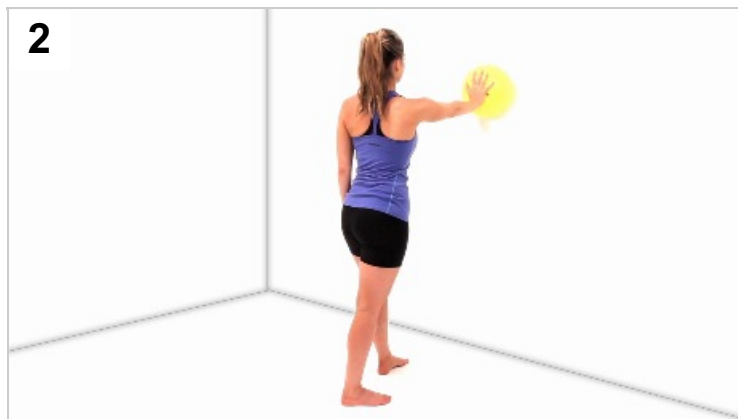
Standing Wall Ball Circles with Mini Swiss Ball

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a staggered stance position holding a ball against a wall with your arm straight.

Movement

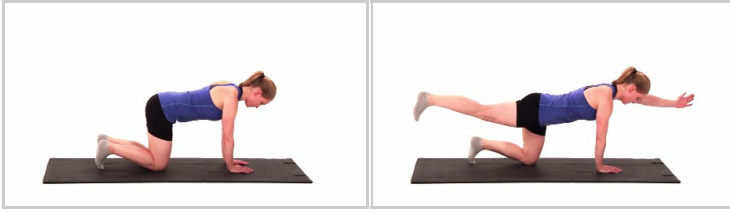
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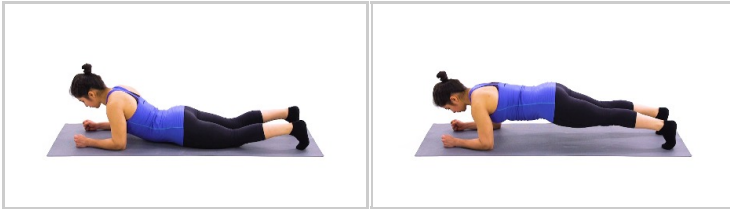
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Bird Dog



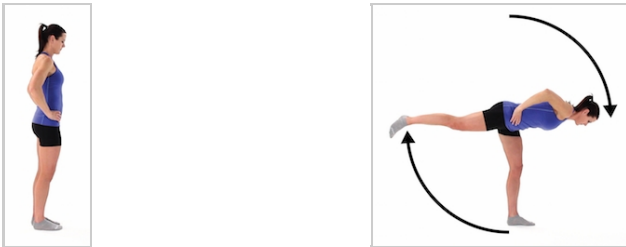
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Standard Plank



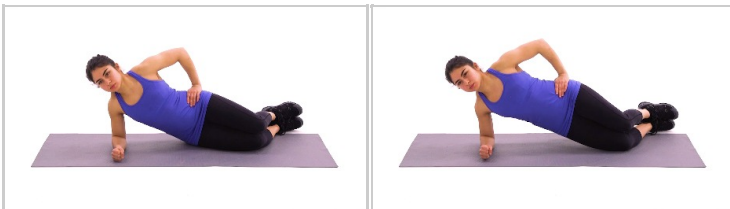
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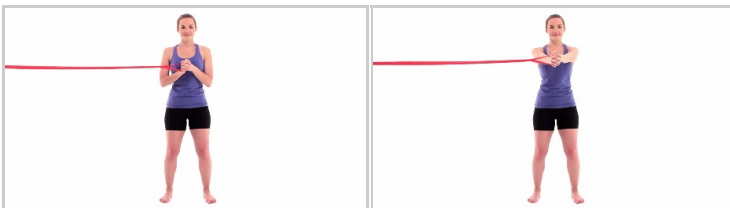
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WEEKLY: 3	

Side Plank on Knees



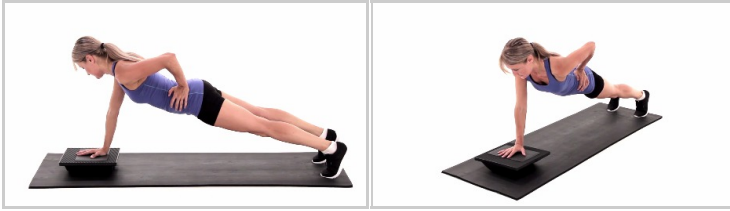
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DAILY: 1	WEEKLY: 3

Standing Anti-Rotation Press with Anchored Resistance



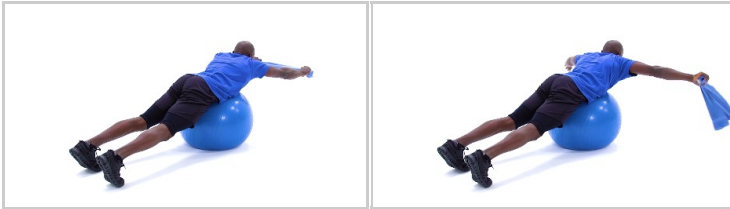
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Shoulder Stability Plank with One Hand on Rocker Board



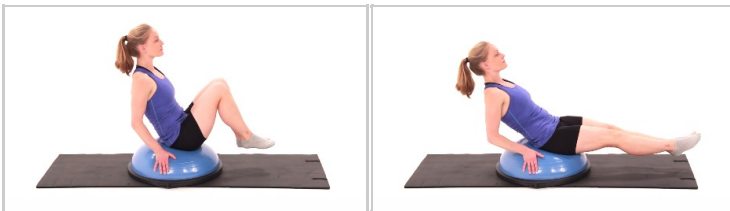
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Overhead and Behind Back Towel Passes on Stability Ball



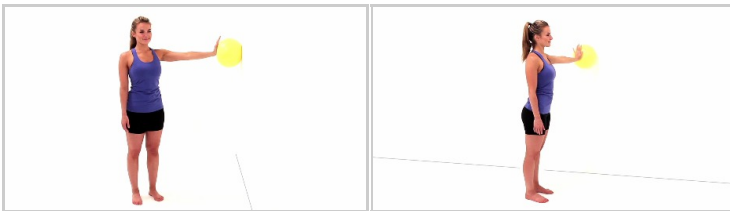
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V Sit Leg Extension on BOSU® Ball



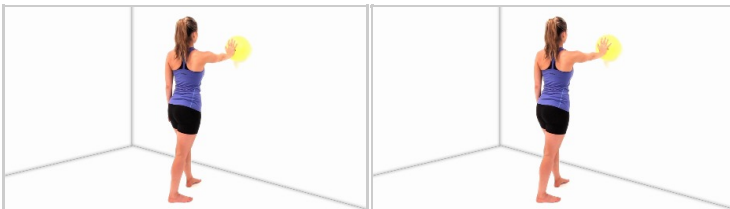
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Standing Wall Ball Circles in Scaption with Mini Swiss Ball



REPS: 10	SETS: 3
DAILY: 1	WEEKLY: 7

Standing Wall Ball Circles with Mini Swiss Ball



REPS: 10	SETS: 3
DAILY: 1	WEEKLY: 7

Injured or Need a custom program? Reach out!! Happy Holidays 2021, Dr Lisa