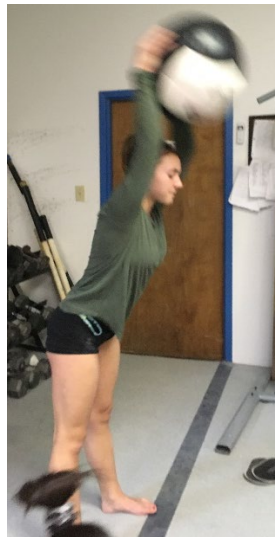


Dynamic Trunk Activities for 20 Minute Protocol:

Slam Ball:

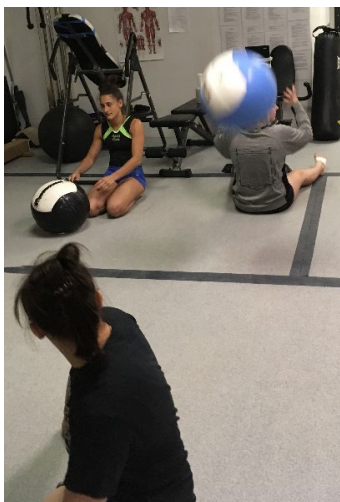
1. Overhead to Ground:

- Pick up the ball from the floor by bending your knees/squatting and doing a pelvic tilt.
- Maintain your pelvic tilt as you lift the ball over head.
- Forcibly throw the ball to the ground.
- If doing activity with a partner allow the ball to hit the ground before picking up.



2. Backward Over Head in Sitting Position:

- Begin by sitting on the ground in a slight straddle.
- Engage core and do a pelvic tilt.
- Throw ball over your head and behind you.
- If doing activity with a partner allow the ball to hit the ground before picking up.



3. Rotational Throw:

- Begin in half-kneeling position facing sideways to the direction of your throw.
- The leg with the knee down faces the side you are throwing to.
- Begin with the ball on the knee up side.
- Engage core and do a pelvic tilt.
- Reach over your knee and pick up the ball.
- Twist with the ball in your hand and throw to the opposite side.
- Switch sides.
- If doing activity with a partner allow the ball to hit the ground before picking up.



4. Overhead High Throw:

- Begin with the ball at chest level.
- Engage your core and do a pelvic tilt.
- Push Ball upward and slightly outward as if you were throwing a basketball.
- If doing activity with a partner allow the ball to hit the ground before picking up.



Other Activities:

5. Sled or Slider Pull:

- “Puller” engages gluts by” squeezing buttock” with each step backward while also completing a pelvic tilt to engage abs.
- If using the sliders the person being pulled maintains a hollow position.



1. Hollow Lift:

- One person in backward plank with feet on slam ball.
- Engage hollow position
- Second person does a pelvic tilt and lifts person upward and back to ball repeatedly.



6. Hula Hoops:

- Use weighted Hula alternating 90 seconds on good side and 90 seconds on bad side.
- Can also have Hula contests...



7. Backward Elliptical Volleyball:

- Pedal backward while hitting ball upward in the air to partners.

