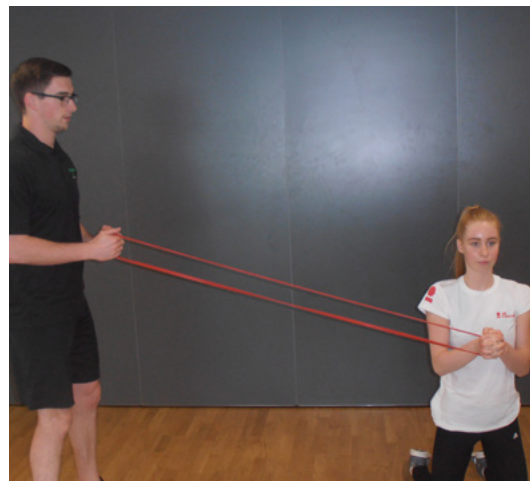


Brace



Coaching Points...

1. Spine -Body remains straight and braced at all times (no "sag" or raising of hips to create "pike" position)
2. Shoulders -sets the shoulder blades down and back and supports the weight on forearms and feet
3. Elbows directly below shoulders
4. Feet hip-width apart
5. Head remains in neutral position at all times



THINK: TRUNK | HIPS | KNEES | FEET | ALIGNMENT



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