



Cory Payne Training

Anterior Pelvic Tilt Focused Program

Instructions:

Do 2 or 3 rounds set of exercises.

Keep a speed of 2 seconds down and 2 seconds up on all reps.

Add weight or reps until you feel a good challenge without losing form or over using your lower back.



Superset of 3 sets

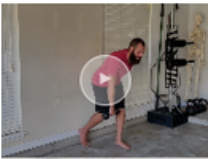
Heels Elevated Dumbbell or Kettlebell Deadlift
10 Reps



Short Seated Band or Cable Press
10 Reps each side

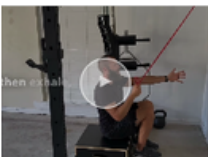


Short Seated Alternating Single Arm Cable or Band Rows
10 Reps on each side



Superset of 3 sets

Single Leg Deadlift with Back heel on wall and Contralateral Load
10 Reps on each side, use support on free hand side



Short Seated Single Arm Band or Cable Pulldown
10 Reps on each side



Do 2 or 3 rounds set of exercises.

Keep a speed of 2 seconds down and 2 seconds up on all reps.

Add weight or reps until you feel a good challenge without losing form or over using your lower back.

Superset of 3 sets



Goblet Squat to Bench with Heels Elevated
10 reps



Hooklying Single Arm Dumbbell Floor Press
10 reps on each side

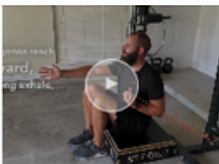


Bent Over Single Arm Row
10 reps on each side

Superset of 3 sets



Heel Elevated Supported Bent Over Split Squat with
Contralateral Load
10 reps on each side



Short Seated Single Arm Band Overhead Press
10 reps on each side