
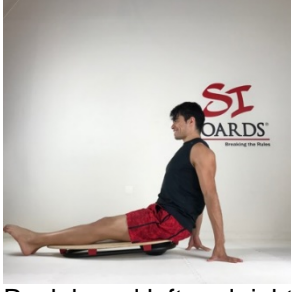

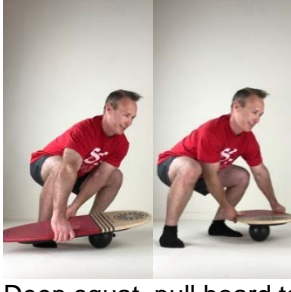
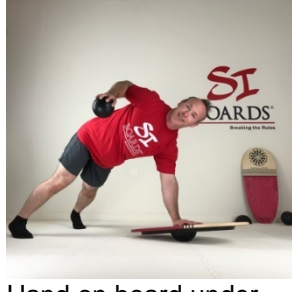
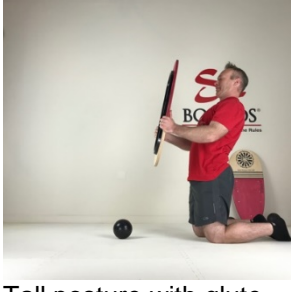
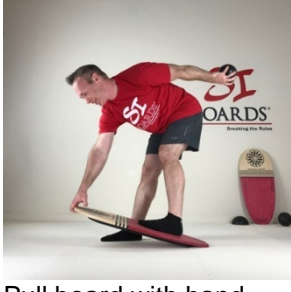
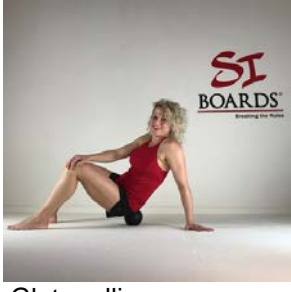
















### Pull Series Program: Foundational (Pull 1)

<p><b>Mobility</b></p> <p>Purpose: precision pelvic control with rib cage mobility and posture to train stable pelvic base when bending and lifting</p> <p>Key Points: focus on movement from pelvis vs knee or ankle</p>	 <p>Half Ball on back side, push feet down, torso flexion/extension</p>	 <p>Rock board left and right with hip shift, keep legs straight</p>	 <p>Rock board forward and back with pelvic tilt, keep legs straight</p>
<p><b>Strength</b></p> <p>Purpose: simulate pulling strength with proper spine position and leg strength like lifting laundry or backpacks</p> <p>Key Points: brace abs and keep spine neutral</p> <p>3 sets x 10 reps</p>	 <p>Deep lunge, hands on board, stand, pull board to chest, step backward</p>	 <p>Deep squat, pull board to outside of each foot</p>	 <p>Hand on board under shoulder, wide feet, pull weight from floor to chest</p>
<p><b>Endurance</b></p> <p>Purpose: strengthen hip and ab positions when bent over or leaning back when lifting objects from floor to chest</p> <p>Key Points: focus on driving feet into ground and hip control</p> <p>4 reps x 15 second holds</p>	 <p>Tall posture with glute squeeze, lean back, hold board in front of body</p>	 <p>Pull board with hand, push hard with toes of opposite foot, keep board end on ground</p>	 <p>Weight front foot, hold board to chest with opposite hand</p>
<p><b>Recovery</b></p> <p>Purpose: alleviate tension in regions of the body that typically hinder pulling and spinal extension movements</p> <p>Key Points: incorporate breathing for greater release</p>	 <p>Glute rolling</p>	 <p>Hip flexor</p>	 <p>Chest with rotation</p>

### Pull Series Program: Advanced (Pull 2)

<p><b>Mobility</b></p> <p>Purpose: 1 foot precision pelvic control with side weight to train stable pelvic base when you side carry weight or bags</p> <p>Key Points: focus on movement from pelvis vs knee or ankle</p>	 <p>Half Ball on back side, press foot into board, knee to chest with flexion</p>	 <p>1 foot stance, board on hip, raise / shift hip upward into board</p>	 <p>1 foot stance, board over shoulder, pelvic tilt 360 degrees like hula hoop</p>
<p><b>Strength</b></p> <p>Purpose: initiate pull from elbows, hips and shoulder overhead for elongated spine control</p> <p>Key Points: squeeze glutes for better upper body control</p> <p>3 sets x 10 reps</p>	 <p>Squat, two arm bicep curl, strong posture, relaxed shoulders</p>	 <p>Press hands into ground, lift hips, push board forward and backward</p>	 <p>Torso on board, arms extended, pull body toward hands</p>
<p><b>Endurance</b></p> <p>Purpose: low back endurance for spine protection when bending over repeatedly</p> <p>Key Points: drive feet into board for stable base of support</p> <p>4 reps x 15 second holds</p>	 <p>Straight leg dead lift hold with weight, keep spine neutral</p>	 <p>Splint stance on board, flat on ground, pull board top to tilt backward, hold</p>	 <p>Backside Half Ball, lean back, hold weight in front of body or to side</p>
<p><b>Recovery</b></p> <p>Purpose: alleviate tension in regions of the body that typically hinder pulling and spinal extension movements</p> <p>Key Points: incorporate breathing for greater release</p>	 <p>Glute rolling</p>	 <p>Hip flexor</p>	 <p>Chest with rotation</p>