

EXERCISE

Core Bag Plank Transfer

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is called a Core Bag Plank Transfer. The primary muscles worked are the torso, the trunk of the body, as well as statically, the triceps the shoulders and the arms.

Once the client is in an all-four position, we're then going to get them to go into a tall plank. First, make sure that their arms are away from the core bag, so as the core bag comes underneath them, there's no interaction with the hands and the core bag there. Making sure that posturally, their hips and shoulders are in line with each other.

(I'm just going to get Dom to come up a little bit and see that her pelvis is slightly tucked, so she creates a flatter back and also places the effort and tension into the trunk of her body).

From here, we're going to ask the client - with their opposing arm - to reach under and across the body onto the handle, and slide it across, trying to maintain as much stability through the torso as we can.

Once they're on the other side, they will repeat that with the opposite hand. It's a good idea to do this movement nice and slow and controlled so that we can gain as much stability through the shoulders and the torso as much as we can.

Key things here - you might need to change the foot positioning. If the client is finding it too hard, you might want them to go wider with the feet to give them more stability. If they're finding it quite easy, you can also bring their feet in a little bit closer.

Key things that you might need to look out for is the position of the spine - making sure that the shoulders and the hips stay in line with each other. A small amount of rotation through the hips and lower back is absolutely fine, so don't worry about that too much.

Just one more for me, Dom.

Once your client is finished, you get them to return to their knees and come to a rested position.

Give it a go.

Main Muscles Involved

- Torso
- Trunk of the body
- Triceps
- Shoulders
- Arms

