

EXERCISE

Suspension Trainer Knee Tuck

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 Suspension Trainer Knee Tuck from a high plank position. The primary muscles worked here are the abdominals and hip flexors, as well as the upper body in the high plank position.

Once your client is in an all-fours position, assist them with the foot straps one foot at a time. Once your client is strapped in and ready to go, we bring them into a tall plank position, making sure that their hips and shoulders are in line with each other, and that we have that slight tuck of the pelvis.

From here, bringing the knees in towards the chest and lengthen back to the start position. This is quite a taxing exercise, so particularly make sure you check in with your client from time to time and make any adjustments as needed.

Just do one more for me, Dom.

Once the client is finished, ask them carefully to return back to their knees and then help with the straps out to (the all-fours) position.

Give it a go.

Main Muscles Involved

- Abdominals
- Hip flexors
- Upper body

