Physical training / exercise:

Core

Core reinforcement:
Various exercises to strengthen your core stability, shifting of your weight/CG while being stable. Build up and control of core strength.

Level 1:
Position of the plank: back & legs straight, stand on your feet and on your forearms under your shoulders. You can also work on each side (left and right) to reinforce all the core muscles!

Maintain the position 30s (minimum) to 1min for each side (front, left & right), 3 to 6 series

Level 2:
Same as level 1, but with forearms on a fit ball. To make it harder, you can move your elbow forward few second and come back to initial position all long exercise.

Maintain the position 30s (minimum) to 1min, 3 to 6 series
Level 3:

On the plank position, stay only on 1 arm and turn the free shoulder around the other one to work in crossed chain. Accompanied this motion with the maximum amplitude of your arm.

10 reps on each side. 1 to 4 series
**Level 4:**

Plank position; work on muscular crossed chain (right foot / left hand and Left foot / right hand). Hold a flex band on one hand, when you opening the arm, you’re extending the opposite leg by sliding the foot, when you’re closing the arm, you’re bending your opposite knee under your chest by sliding the foot. Work with the flex band resisting from outside and from inside!

Without leg motion:
With Leg motion

10 reps for each side & each flex band position, 1 to 3 series