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| Exercise Name: The Pallof Press | Muscles Targeted: Stabilizers |
| Performance Description:  Attach a D-handle to a cable pulley, hold it at your sternum, and stand with your left shoulder pointed toward the machine—far enough away that you feel tension on the cable. (You can also use a medium-weight resistance band wrapped around a pole.) Keeping your shoulders and hips square, press the cable straight out in front of your body, resisting the tendency to rotate toward the machine. Hold the position for two seconds, then slowly return your hands to your sternum.  Keep in mind that the narrower your stance is, the harder the exercise becomes. Keep your feet shoulder width apart at all times and select a weight that allows you to perform 8-12 smooth reps under complete control. Don’t think of this as an explosive power exercise by any means. | |
| http://www.nj.com/healthfit/fitness/index.ssf/2015/08/core\_stabilization\_with\_the\_pallof\_press.html | |