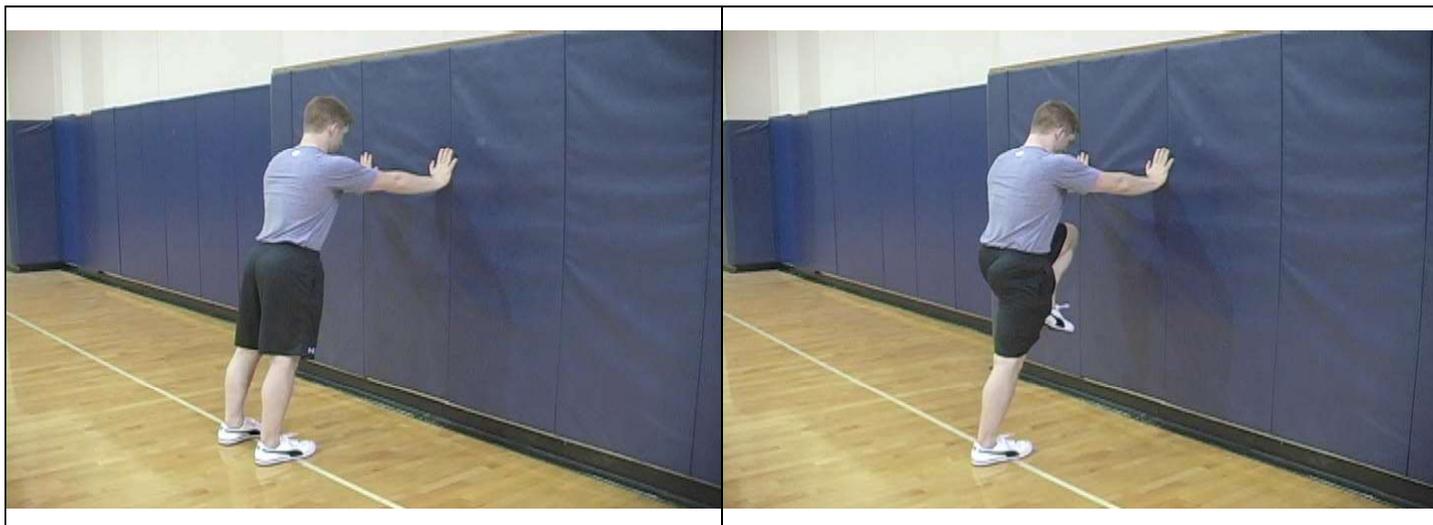


### 11.3 – WALL MARCH ISOMETRIC HOLD



<p><b><u>Purpose</u></b></p>	<ul style="list-style-type: none"> <li>▪ To improve hip flexion, and learn the difference between hip motion and lumbar spine motion.</li> <li>▪ To activate the gluteals in a unilateral fashion.</li> <li>▪ To train opposing hip function – one hip flexes, one hip extends.</li> </ul>
<p><b><u>Set-up</u></b></p>	<ul style="list-style-type: none"> <li>▪ Stand facing a wall; you should be a few feet away with your hands and fingertips resting gently up against it.</li> <li>▪ There should be a natural amount of forward lean in this position.</li> </ul>
<p><b><u>Performance</u></b></p>	<ul style="list-style-type: none"> <li>▪ Gently brace your core and actively drive the heel of your stance leg in the ground. Simultaneously raise your opposite knee as high as it will go.</li> <li>▪ In this position, you should be actively contracting the glute of your stance leg, your chest should be out, and your opposite knee should be as high as it will go.</li> </ul>
<p><b><u>Coaching Points</u></b></p>	<ul style="list-style-type: none"> <li>▪ Stay tight/tall throughout.</li> <li>▪ Squeeze the glute of the stance leg. No hamstrings allowed!</li> </ul>