PRONE BODYWEIGHT TRANSFER

Technical points:

Begin by aligning the body and elongating the spine.

Lower yourself into a full squat (you can also practice the full squat a few times) and then in a Panther Walk position. While holding the shoulders over the wrists, back straight, knees under the hips and abdominal muscles activated, perform the following sequences:



[Fig 77: Prone BWT]

Stage 1 - Arms

Keep the knee under the hips and as low as possible. Your support wrist is under the shoulder and your abdominal muscles activated.

Transfer the body weight and lift the left hand off the ground. Hold for 3-5 seconds.

Transfer the body weight and lift the right hand. Hold for 3-5 seconds.

Ensure there is minimal hip movement.



[Fig 78: Prone BWT]

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Stage 2 - Legs

Keep the support knee under the hips and as low as possible. Your wrists are under the shoulders and your abdominal muscles activated.

Transfer the body weight and lift the left foot off the ground. Hold for 3-5 seconds.

Transfer the body weight and lift the right foot. Hold for 3-5 seconds.

Ensure there is minimal hip movement.



[Fig 79: Prone BWT]

Progression:

- place a tennis ball on the lower back and try to perform the exercises without dropping the ball
- stretch out the arm/leg in front/behind as you lift them one by one
- hold position for a longer time
- perform exercise on unstable surface or incline

Regression:

- just lift your hand and/or foot off the floor a few cm or inches
- lift without holding

Stage 3 - Arm and Opposite Leg

Keep the support knee under the hips and as low as possible when lifting. Your support wrist is under the shoulder and your abdominal muscles activated.

Transfer the body weight and lift the **left hand AND right foot.** Hold for 3-5 seconds.

Transfer the body weight and lift the **right hand AND left foot.** Hold for 3-5 seconds..

Ensure there is minimal hip movement.

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[Fig 80: Prone BWT]

Progression:

- place a tennis ball on the lower back and try to perform the exercises without dropping the ball
- stretch out the arm/leg in front/behind as you lift them one by one
- hold position for a longer time
- perform exercise on unstable surface or incline

Regression:

- just lift your hand and/or foot off the floor a few cm or inches.
- go back to stages 1 and 2

Stage 4 – Connect under the body

Keep the support knee under the hips and as low as possible when lifting. Your support wrist is under the shoulder and your abdominal muscles activated.

Transfer the body weight and lift the **right arm AND left leg**. Connect them mid way ***under*** your body.

Change on the other side. Transfer the body weight and lift the **left arm AND right leg**. Connect them mid way ***under*** your body.

Ensure there is minimal hip movement.

All movements should be performed slow and fluid.

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[Fig 81: Prone BWT]

Progression:

- place a tennis ball on the lower back and try to perform the exercises without dropping the ball
- perform the movements continuously for a number of times or seconds very slow and with correct technique
- stretch out the arm/leg in front/behind as you lift them one by one
- hold position for a longer time
- perform exercise on unstable surface or incline

Regression:

- go back to stages 1, 2 and 3

Stage 5 – Connect over/behind the body

Keep the support knee under the hips and as low as possible when lifting. Your support wrist is under the shoulder and your abdominal muscles activated.

Transfer the body weight and lift the **right arm AND left leg**. Connect them mid way ***over/behind*** your body.

Change on the other side. Transfer the body weight and lift the **left arm AND right leg**. Connect them mid way ***over/behind*** your body.

Ensure there is minimal hip movement.

All movements should be performed slow and fluid.

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[Fig 82: Prone BWT]

Progression:

- place a tennis ball on the lower back and try to perform the exercises without dropping the ball
- perform the movements continuously for a number of times or seconds very slow and with correct technique
- stretch out the arm/leg in front/behind as you lift them one by one
- hold position for a longer time
- perform exercise on unstable surface or incline

Regression:

- go back to stages 1, 2 and 3

Stage 6 – Connect under and over the body in one movement

Bring Stages 4 and 5 together in one movement. Keep the support knee under the hips and as low as possible when lifting. Your support wrist is under the shoulder and your abdominal muscles activated.

Transfer the body weight and lift the **right arm AND left leg AND**. Connect them under and then over/behind your body straight away, without placing the foot or hand on the floor.

Ensure there is minimal hip movement.

All movements should be performed slow and fluid.

Change sides, left arm and right leg.

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[Fig 83: Prone BWT]

Progression:

- perform the movements continuously for a number of times or seconds very slow and with correct technique
- stretch out the arm/leg in front/behind as you lift them one by one
- hold position for a longer time
- perform exercise on unstable surface or incline

Regression:

- touch the ground between movements
- go back to stages 1, 2 and 3

Stage 7 – Over and under the body

Same as Stage 6 but the other way around. Keep the support knee under the hips and as low as possible when lifting. Your support wrist is under the shoulder and your abdominal muscles activated.

Transfer the body weight and lift the **right arm AND left leg.** Connect them over and then under your body straight away, without placing the foot or hand on the floor.

Ensure there is minimal hip movement.

All movements should be performed slow and fluid.

Change sides, left arm and right leg.

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[Fig 84: Prone BWT]

Progression:

- perform the movements continuously for a number of times or seconds very slow and with correct technique
- stretch out the arm/leg in front/behind as you lift them one by one
- hold position for a longer time
- perform exercise on unstable surface or incline

Regression:

- touch the ground between movements
- go back to stages 1, 2 and 3

Benefits:

Strengthening feet, ankles, knees and hip stability muscles.

Strengthening quads, adductors and abductors, glutes which in turn stabilise the knees and hip.

Strengthening the upper body.

Stabilising the shoulder joint and mobilising and strengthening wrists and ankles.

Improving balance, posture and postural awareness and focus.

Strengthening core muscles and spine stability muscles.

Reducing the risk of injuries such as ankle sprains or knee pain by strengthening and mobilising.

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Speeding up recovery from injuries.

Understanding body weight transfer can be useful in many situations, such as on slippery surfaces. With practice this becomes a reflex and, when required, the body should react out of instinct and counterbalance.

Common mistakes and/or weaknesses to be aware of:

- Hunching over. As with the Panther Walk position the back should be kept in a neutral alignment as much as possible and when appropriate. There is some movement, but not exaggerated.

- Lifting one side of the hip. This is normal, especially in beginners until their stability muscles strengthen. Keep the knees close to the ground and core tensed and the hip will also stay aligned.

- Transferring too much of the body weight on the arms or legs. Body weight should be distributed evenly on arms and legs, as with the Panther Walk. When there is only one hand on the ground, the legs take more weight and vice versa.

- Lifting the support knee too high. Keep the support knee as low as possible without touching the ground. If that's not yet possible stay focused on this element until you get stronger.

- If the support knee hurts, check whether there is too much weight on it.

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