

## Scarborough Track Core Development

### *Pedestal Routine*

1. Prone elbow stand w/single leg raise – 10 raises with each leg



2. Supine elbow stand w/single leg raise – 10 raises with each leg



3. Prone Hand stand w/single leg raise- 10 raises with each leg



4. Supine Hand stand w/single leg raise – 10 raises with each leg



**5. Lateral elbow stand w/ single leg raise- 10 raises with each leg**



**6. Lateral hand stand w/single leg raises- 10 raises with each leg**



**7. Prone, flexed knee, elbow stand w/ hip lift – 10 lifts w/ each leg**



**8. Crunch low reach- 15 reps**



**9. Crunch low reach w/twist- 15 reps**

