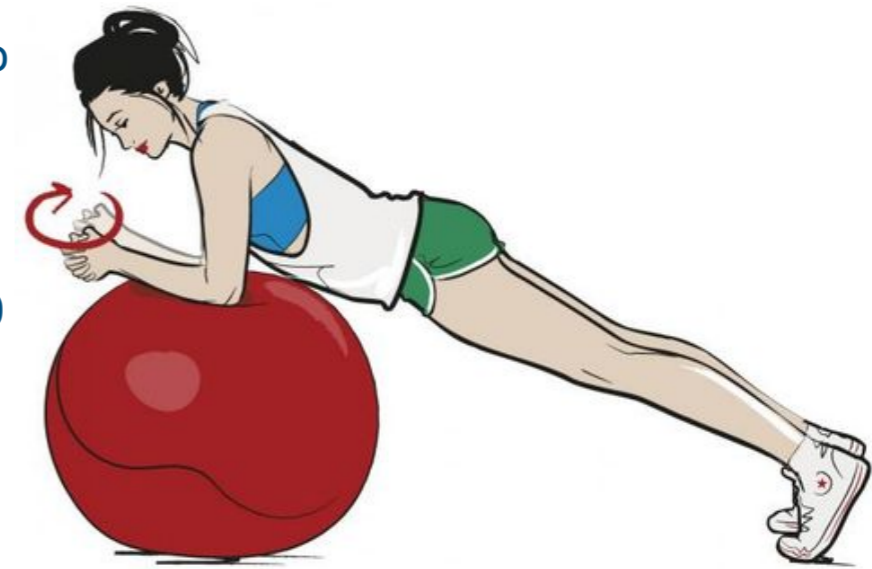


Stir the Pot

Types (progression): Traditionally this exercise has been done on the floor in either the kneeling or full plank position, but a modified version can be done on the wall **FORM:** Start in kneeling position with both elbows and forearms on a stability ball, elbows bent to 90°. Then, rise up in a plank position with the feet shoulder width apart and actively engage the core to achieve a good neutral spine position. Keep your body in a straight line and your glutes activated. Now, slowly rotate the forearms in a clockwise motion using small circles in a controlled and deliberate manner. Perform 10 repetitions or for 10 seconds. Rest and then reverse the direction and repeat the movement in a counter-clockwise manner. This is one set. Stuart McGill recommends that you perform six 10-second contractions instead of one 60-second contraction. Keep a neutral neck position and look down at the ball, not straight ahead or up. Keep your hips up and your knees straight. Keep your glutes engaged. Keep your scapula down and back and don't let your upper back round over. Breathe throughout the exercise. If you are starting off just do in kneeling position or with ball against the wall. ([VIDEO](#))



I love this exercise and include it often in my core training. It somewhat replicates a plank but it is done on a ball making it a balance challenge as well. It is not one of my essential core exercises because it is an advanced exercise. My five essential core exercises are the sidebridge, bridge, plank, modified crunch, and bird dog. Core strength and shoulder stability as well as balance are essential for everyone especially athletes. This exercise works on all those areas. The stir the pot exercise has been recommended by many professionals as an excellent method to increase antero-posterior stability of the lumbo-pelvic-hip area, resist anti-extension forces, increase shoulder and shoulder joint stability and improve core endurance. It gets a lot done. The instability of the ball makes your body, especially your core, work harder to prevent rotating, flexing, or extending too much. This is, however, is an advanced exercise and should not be performed until you pass our Fitness Assessment in Our Guidebook. Do not do crunches on the ball. That can cause issues to your back. According to Stuart McGill Curl-up over a gym ball motions stresses the discs, mimics a potent disc injury mechanism, and unwisely uses pain-free training capacity, but instead “stir the pot” exercise spares the painful discs of motion and builds abdominal athleticism ([research](#)). A study found this exercise was very effective at recruiting many muscle groups at one time of the core ([research](#)). The core exercises with the greatest muscle activity was a front plank on a Swiss ball with hip extension and the stir-the-pot exercise. In another study examining many core exercises ([study](#)). So research supports why I feel this is such a great exercise.