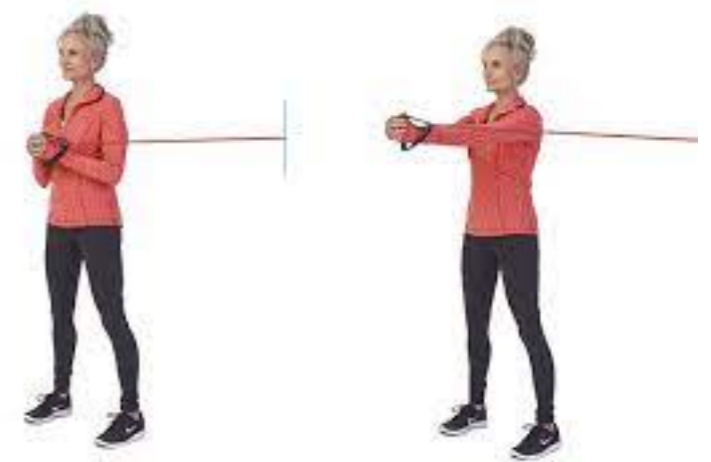


# Pallof Press

Types (floor progression): Traditionally this exercise has been done standing, but can be done in and out of squat and lunge positions, as well as kneeling. You can use either a band or cable system. FORM: Brace your abdomen throughout. Stand with the feet hip-width apart and the hips straight with the knees slightly bent. The taut cable pulley or band should be at approximately chest height and directly to the right or left of the body (while pressing the handle away from the body, the cable should be parallel with the chest) . Grip one handle in both hands with the fingers laced together and elbows in by the sides. Keep the back straight and tall while pressing the handle forward, and hold for 1 or more seconds before slowly pulling the elbows back to the sides. Do not allow any side bend or rotation ( [form](#) ).



The Pallof Press is one of the many Core exercises that I do often. It is not part of the essential 5 core exercises that I recommend often, but maybe it should be for a variety of reasons. Compared to other core exercises the Pallof press trains the ability to stabilize the entire core under a load in an upright position by preventing rotation ( anti-rotation movement ). This is important because we prioritize that our clients establish proper form in the five primary movement patterns—bend-and-lift, single leg, push, pull, and **rotation**—before adding external loads during full-body movements ( [see foundational exercise program](#) ). In other words everyone we work with, from athletes to the novice exerciser, are trained to be able establish these movement patterns with proficiency. It is difficult to train in rotation though. Anti rotational strength and power is needed for many sports, examples golf, tennis, baseball etc. The problem with rotation exercises is that care must be taken to not twist the lumbar spine, which has been shown to damage the spine ( [see article](#) ). The Pallof Press does not twist the spine, but works the muscles that prevents twisting. It is a very safe transverse plane / trunk rotation exercise. It is considered by some to be a classic Anti-Rotation exercise It challenges the frontal plane, and teaches exercisers to maintain a stable, neutral spine ( [alternative to Pallof Presses](#) ). The Pallof press has the exerciser holding a taut resistance band or cable in front of them and slowly press it out and back. The band's tension pulls the exerciser toward the anchor point so the exerciser engages their core to stay in place ( Not Twisting - Prevents Twisting ) The band can then be pushed in and out or moved in different directions. **WHAT ARE ANTI-ROTATION exercises: Anti-rotation exercises train core stability without rotating the torso. This is important for the lumbar spine, which is a stabilized joint (with very little range of motion). It should not be twisted. Thoracic rotation is necessary for various movements and athletic motions ( [see other anti-rotation exercises](#) ).**