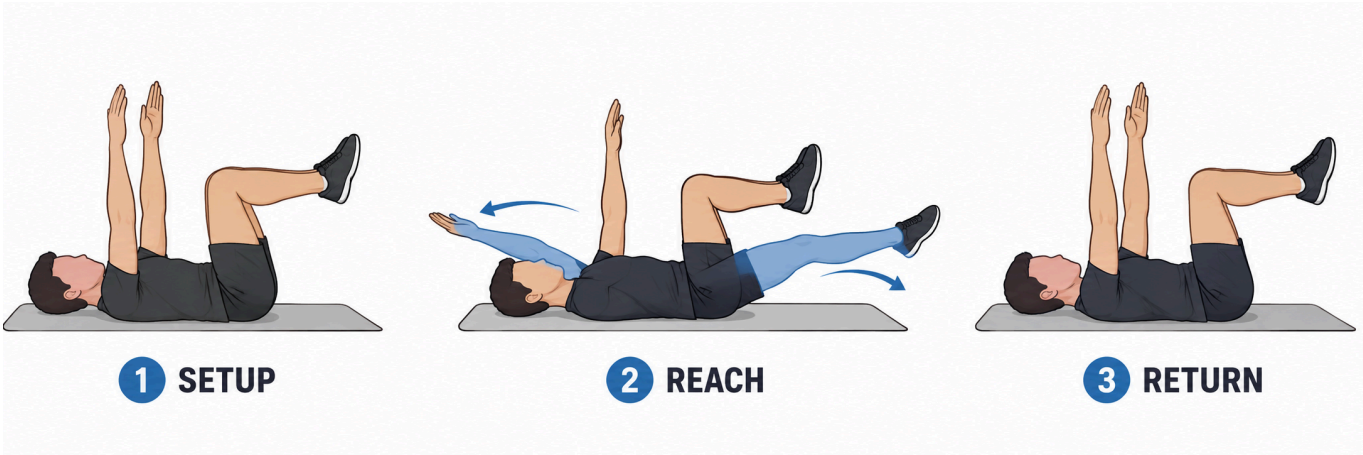
PBGGAME

Core Control at Home Cue and Record Sheet

Choose a task: resist turning, keep the trunk steady as limbs move, or control an intended turn. These exercises use different instructions.

Version	Setup	Control reminder
Band Pallof press	Compatible side attachment and manageable tension	Press forward while resisting a turn. Shorten the reach or reduce demand if the torso follows the anchor.
Bodyweight dead bug	Head/trunk supported; arms up and hips/knees bent	Reach an opposite arm-and-leg pair, return, then alternate. Choose range by retained trunk control.
Held-band dead bug	Approved floor/band arrangement; manageable arm hold	Arms hold above the chest while one leg moves at a time. They do not alternate overhead.
High-to-low band chop	Compatible high attachment and clear diagonal path	Choose intended coordinated rotation; move and return deliberately without a yank or forced range.

Bodyweight dead bug only



Original illustration: setup, opposite-limb reach, return before changing sides. Based on NASM's sequence. This is not the held-band version.

Rehearse lightly, retain breathing and use a manageable range. An anchor example does not approve other equipment. This is a general reminder, not a tested complete routine or a rehabilitation plan.

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Choose the adjustment, then record the setup

What changes first?	A useful first adjustment	Record next time
Torso turns during a Pallof press	Less tension or a shorter reach	Side, band identity, attachment and reach
Back arch increases during a dead bug	Shorter, slower limb movement	Version, knee bend and controlled reach
Arms drift during the held-band version	Re-establish a manageable hold before moving a leg	Band arrangement and hand position
Chop becomes a jerk or sideways lean	Smaller deliberate arc with less demand	Exact chop version, range and body turn

Start with one task and a brief controllable rehearsal. Choose work and recovery within your wider program and ability. Change one meaningful variable at a time.

Your practice record

Date / exact version	Band / side / support / reach	Work and control notes

Before adjusting: unload elastic and resolve shifting equipment. Stop for pain, dizziness, numbness or unexpected loss of control. Do not force a larger twist or reach to match a picture.

Training a selected abdominal muscle does not establish local fat removal or a guaranteed waist-size change. An ab wheel is a separate tool, not a required next step or a band anchor.

Sources and full guide

Read the full PBGGAME core-training guide

- Catalyst Athletics: Pallof Press
- National Academy of Sports Medicine: Dead Bug
- Rehab Hero: Band Pull Dead Bug
- Bodylastics: User Manual — High/Low Chop
- American Council on Exercise: Standing Rotational Chop — Exercise Library349
- American Council on Exercise: Standing Wood Chop — Exercise Library108
- American Council on Exercise: So, You Want To Spot Reduce? Here's How — FitFacts

Prepared by PBGGAME, 25 October 2026. Band, cable and medicine-ball examples remain separate. Manufacturer instructions apply to their actual systems. Original illustration and brief original cue summaries.