

HEELCURVE HOCKEY

PLANK WITH KB PULL-THROUGH (USES A KB - SUB WITH PLATE IF NO KB) EXERCISE MECHANICS

WHAT IT IS

A core stability exercise that builds anti-rotation strength and shoulder stability by maintaining a strong plank while pulling a kettlebell through your legs. It helps improve core control, hip mobility, and overall stability.

1 SET UP

Start in a high plank position with a kettlebell on the ground near one hand. Hands under shoulders, feet hip-width apart. Engage your core and glutes.



2 REACH THROUGH

With your right hand, reach down and grab the kettlebell. Pull it under your torso toward the opposite side, keeping hips level and core tight.



3 PULL THROUGH

Continue pulling the kettlebell through until it reaches the other side of your body. Do not let your hips rotate or sag.



4 PLACE & SWITCH

Place the kettlebell down near your other hand. Switch your hands if needed and maintain a strong plank position.



5 REPEAT

Pull the kettlebell back through in the opposite direction. Continue alternating sides for the desired reps or time.



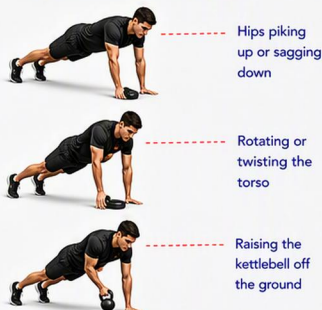
KEY POINTS

- Keep your body in a straight line from head to heels.
- Avoid twisting or letting your hips rotate.
- Move the kettlebell with control.
- Keep your core tight throughout.
- Focus on quality reps, not quantity.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Core (Rectus Abdominis, Obliques, Transverse Abdominis)
- Shoulders (Deltoids)
- Glutes
- Lower Back (Erector Spinae)
- Hip Flexors
- Hamstrings

TRAINING TIPS



Use as a core strength or activation exercise in your warm-up or workout.



Start with 2–3 sets of 30–60 seconds or 8–12 reps per side.



Use a lighter weight at first to master control and avoid losing plank position.



Include in lower body or hockey-specific training.