

## CORE TRAINING: BODY WEIGHT ROUTINE (230 reps)

## 1. PULLOVER TOE TOUCH 2 x 15





2. BICYCLE CRUNCH 2 x 20

## 5. FLOOR CRUNCH 1 x 25



6. REVERSE CRUNCH 1 x 25

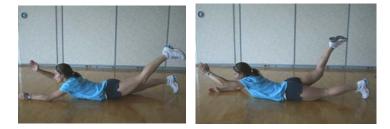
7. SUPERMAN 15 right / 15 left



3. SUITCASE CRUNCH 2 x 15



4. OBLIQUE CRUNCH 25 right / 25 left





These exercises are intended for healthy populations and should not be taken as treatment for injuries unless prescribed by a health professional.

Physical Therapy and Athletic Training Performance Team LakeView RecPlex 262-577-8725