

CORE TRAINING: STABILITY BALL LEVEL # 1 of 5 (165 reps)

1. DOUBLE LEG CURL FROM FLOOR 2 x 10



5. RUSSIAN TWIST 1 x 30



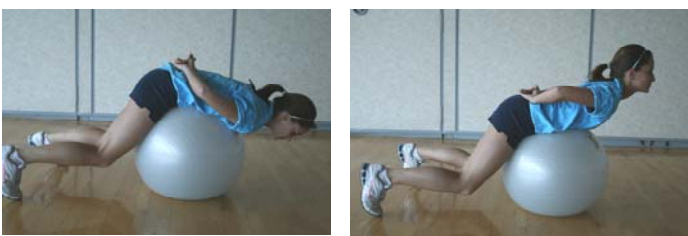
2. BRIDGE FROM BALL 2 x 10



6. TOP 1/2 CRUNCH 1 X 15



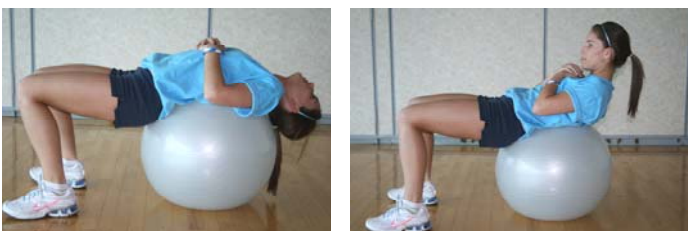
3. HYPEREXTENSION 2 x 10



7. OBLIQUE CRUNCH ON BALL 1 x 30



4. BOTTOM 1/2 CRUNCH 1 x 15



8. REVERSE CRUNCH WITH BALL 1 x 15



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