

CORE TRAINING: STABILITY BALL LEVEL # 2 of 5 (185 reps)

1. ABDOMINAL ROLLOUT 1 x 15



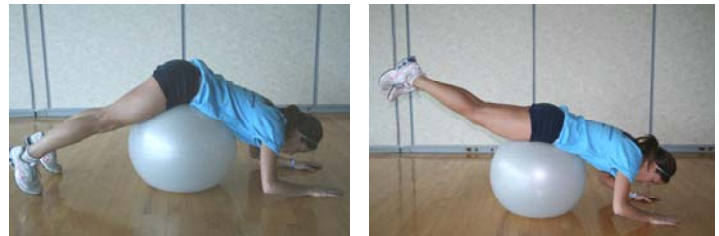
5. BRIDGE FROM BALL 1 x 25



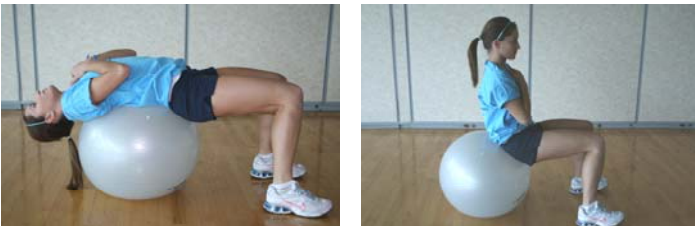
2. SIDE BEND ON BALL 15 right / 15 left



6. REVERSE HYPEREXTENSION 1 x 25



3. FULL ABDOMINAL CRUNCH 1 x 30



7. HYPEREXTENSION 1 x 15



4. "C" ELBOW ROLLS 1 x 30



8. PRONE ARCH 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.