

## CORE TRAINING: STABILITY BALL LEVEL # 3 of 5 (205 reps)

1. TOP 1/2 CRUNCH 1 x 25



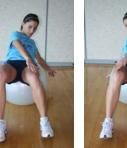
2. OBLIQUE CRUNCH ON BALL 1 x 30

5. REVERSE HYPEREXTENSION 1 x 20



6. 3-WAY FLOOR CRUNCHES 45 reps













7. BRIDGE FROM FLOOR 1 x 20



4. HYPEREXTENSIONS 1 x 20

3. BOTTOM 1/2 CRUNCH 1 x 25



8. BRIDGE FROM BALL 1 x 20



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

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