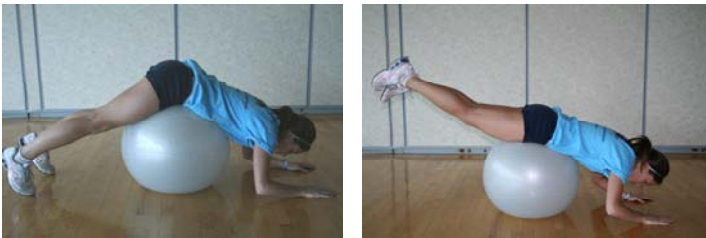


CORE TRAINING: STABILITY BALL LEVEL # 4 of 5 (220 reps)

1. BRIDGE FROM FLOOR 2 x 10



2. REVERSE HYPEREXTENSION 1 x 10



3. HYPEREXTENSION 2 x 10



4. FULL ABDOMINAL CRUNCH 2 x 10



5. "C" ELBOW ROLLS 2 x 20



6. CRUNCH FROM FLOOR 1 x 25



7. OBLIQUE CRUNCH 25 right / 25 left



8. REVERSE CRUNCH WITH BALL 1 x 25



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