

Physical Therapy & Athletic Training Rehabilitation 262,577,8725

CORE TRAINING: MEDICINE BALL LEVEL # 1 of 6 (195 reps)

1. WOOD CHOPPERS 2 x 15







5. ROLL-UP CRUNCH 1 x 15





2. DIAGONAL WOOD CHOPPERS 15 x RT/LT





6. RUSSIAN TWIST 1 X 30





3. PULLOVER CRUNCH 2 x 15





7. SUPERMAN 15 right / 15 left





4. RUSSIAN TWIST 1 x 30



