

Physical Therapy & Athletic Training Rehabilitation

CORE TRAINING: MEDICINE BALL LEVEL # 2 of 6 (210 reps)

1. GOOD MORNING 1 x 25





2. SUITCASE CRUNCH 1 x 25





3. RUSSIAN TWIST 1 x 40





4. CRUNCH 1 x 25





5. OBLIQUE CRUNCH 1 x 40





6. REVERSE CRUNCH 1 X 25





7. SUPERMAN 15 right / 15 left



