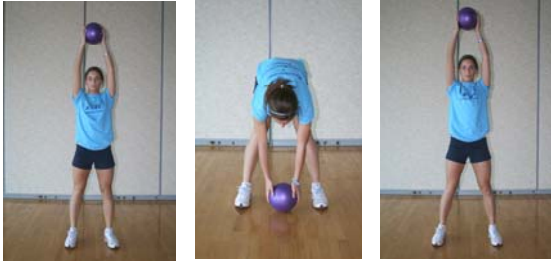


CORE TRAINING: MEDICINE BALL LEVEL # 3 of 6 (220 reps)

1. WOOD CHOPPERS 1 x 20



5. SUITCASE CRUNCH 1 x 20



2. DIAGONAL WOOD CHOPPERS 20 x RT/LT



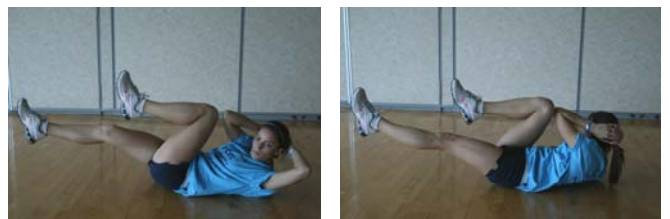
6. REVERSE CRUNCH 1 X 20



3. ROLL-UP CRUNCH 1 x 20



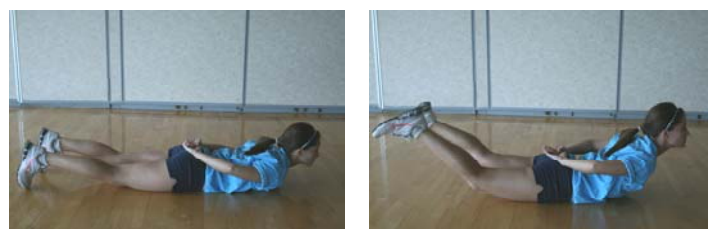
7. BICYCLE CRUNCH 1 x 40



4. RUSSIAN TWIST 1 x 40



8. PRONE ARCH 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.

Physical Therapy and Athletic Training Performance Team LakeView RecPlex

262-577-8725