

CORE TRAINING: MEDICINE BALL LEVEL # 5 of 6 (245 reps)

1. WOOD CHOPPERS 1 x 20



5. SUITCASE CRUNCH 1 x 20



2. TWIST & PUNCH 20 right / 20 left



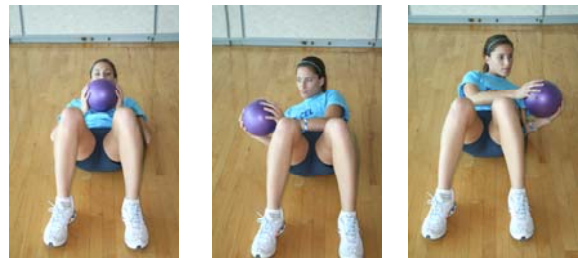
6. RUSSIAN TWIST 1 X 40



3. PULLOVER CRUNCH 1 x 20



7. 3-WAY CRUNCHES 45 reps



4. RUSSIAN TWIST 1 x 40



8. REVERSE CRUNCH 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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