

Physical Therapy & Athletic Training Rehabilitation 262-577-8725

CORE TRAINING: MEDICINE BALL LEVEL # 6 of 6 (260 reps)

1. CRUNCH (ball above chest) 2 x 15





5. CRUNCH 2 x 15





2. OBLIQUE CRUNCH 2 x 20





3. REVERSE CRUNCH 2 x 15





6. STANDING RUSSIAN TWIST 1 X 30





7. GOOD MORNING 2 x 15





4. BICYCLE CRUNCH 2 x 20





8. TWIST & PUNCH 15 right / 15 left



