

CORE TRAINING: STABILITY BALL LEVEL # 3 of 5 (205 reps)

1. TOP ½ CRUNCH 1 x 25



5. REVERSE HYPEREXTENSION 1 x 20



2. OBLIQUE CRUNCH ON BALL 1 x 30



6. 3-WAY FLOOR CRUNCHES 45 reps



3. BOTTOM ½ CRUNCH 1 x 25



7. BRIDGE FROM FLOOR 1 x 20



4. HYPEREXTENSIONS 1 x 20



8. BRIDGE FROM BALL 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.