

CORE TRAINING: STABILITY BALL LEVEL # 5 of 5 (240 reps)

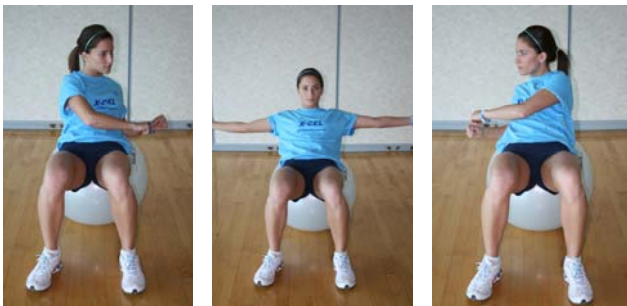
1. FULL ABDOMINAL CRUNCH 2 x 25



5. OBLIQUE CRUNCH FROM FLOOR 1 x 30



2. RUSSIAN TWIST 2 x 20



6. REVERSE CRUNCH WITH BALL 2 x 15



3. HYPEREXTENSION 2 x 15



7. BRIDGE FROM FLOOR 1 x 15



4. CRUNCH FROM FLOOR 2 x 15



8. BRIDGE FROM BALL 1 x 15



These exercises are intended for healthy populations and should not be taken as treatment for injuries unless prescribed by a health professional.