

## CORE TRAINING: STABILITY BALL POSTERIOR CHAIN (150 reps)

1. BRIDGE FROM FLOOR 1 x 15



5. SIDE BEND ON BALL 15 right / 15 left



2. DOUBLE LEG CURL FROM FLOOR 1 x 15



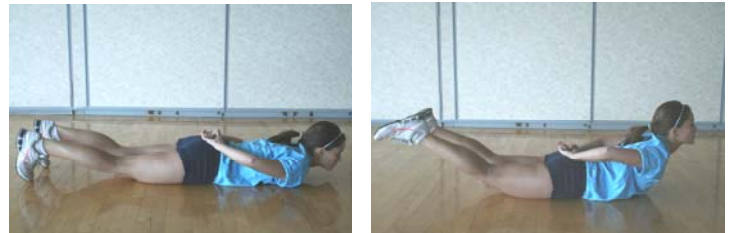
6. REVERSE HYPEREXTENSION 1 x 15



3. BRIDGE FROM BALL 1 x 15



7. PRONE ARCH 1 X 15



4. BOTTOM 1/2 CRUNCH 1 x 15



8. SUPERMAN 15 right / 15 left



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