
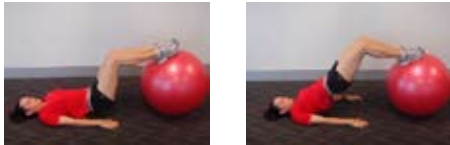


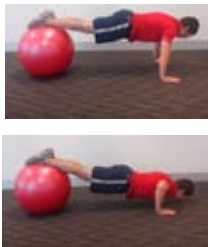

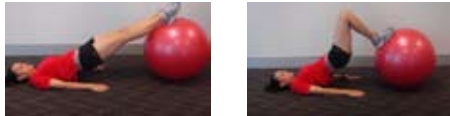
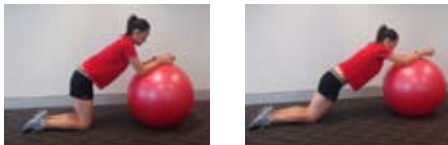

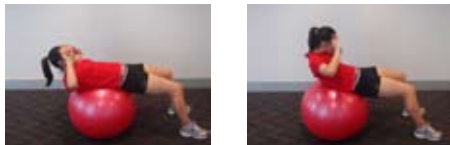


CORE STRENGTH TRAINING PROGRAM

Bodyweight Squat		Bent Knee Hip Lift		SB Jackknife Pike			
<p>Position your feet slightly wider than hip-width apart with your toes slightly turned out. Hands crossed or out in front of you at shoulder height to help counter balance. Keep your eyes facing, back straight and feet firmly on the floor. Slowly and under control bend your knees lowering yourself as far as you can without lifting your heels off the floor, keeping your knees in line with your toes. At bottom of movement engage your quads, hamstrings and glutes by pushing back up through your heels. To increase difficulty try with your arms extended overhead throughout movement.</p>		<p>Lie on back. Place heels on ball and hands on floor at side. Lift buttocks off floor, do not arch back. Hold. Lower back to floor by rolling spine down one vertebra at a time. To progress do not allow buttocks to touch floor when lowering down.</p>		<p>Get into a push up position with the tops of your feet on the ball. Your body should form a straight line from toes to shoulders with your hands positioned slightly wider than your shoulders. Keep abs tight and legs straight, bring ball forward pushing your bottom upwards. Hold. Return to starting position.</p>			
							
<p>Reps: 15 Sets: 2</p>		<p>Reps: 10-12 Sets: 2</p>		<p>Reps: 10-12 Sets: 2</p>			
SB Jackknife		SB Decline Push Up		SB Back Extension		SB Leg Curl	
<p>Starting position as per SB Jackknife Pike. Less difficulty than Pike. Keeping your back flat and abs tight, bend your knees and roll ball towards your torso. Hold momentarily and then roll the ball back to the starting position.</p>		<p>Resume your push up position with tops of feet on the ball. Keeping your body straight lower your body to the ground by bending arms at the elbows. Raise your body up off ground by extending arms.</p>		<p>Position the ball under your hips and lower torso with your knees straight or bent. You can position your feet against a wall for support. With your hands on your temple, behind your head or back, slowly lift your torso off the ball. Bring your shoulders up until you feel your muscles working in the small part of your back. Do not hyperextend your back. Lower and repeat.</p>		<p>Lying in a supine position on the floor position the ball under your legs between your feet and knees. The further the ball is from your hips the more difficult the exercise. Raise your hips into the air as you push down into the ball. Hold position then pull the ball in towards your glutes keeping hips off the floor. Bring it in as far as possible and slowly release it back to the starting position. Keep hips off floor throughout motion and between each curl.</p>	
							
<p>Reps: 10-15 Sets: 2</p>		<p>Reps: 10-15 Sets: 2</p>		<p>Reps: 10-15 Sets: 2</p>		<p>Reps: 12-15 Sets: 2</p>	
SB Torso Twist		SB Ab Roll Out		SB Ab Leg Raises		SB Abdominal Crunch	
<p>Lie back over a stability ball, arms extended so they are perpendicular to chest. Walk feet out so that shoulders are over the middle of the ball. Keeping your body in a straight line from shoulders to knees, rotate shoulders so hands point straight out to side. Return to middle position and rotate to point arms to other side. Hold weight to increase difficulty.</p>		<p>With your elbows bent place your forearms on the ball in front of you. Drawing your belly button towards your spine and tightening your torso, slowly roll forward. Rolling the ball out as far as you can without arching or straining your back. Push your elbows into the ball and squeeze your abs to pull your body back to start.</p>		<p>Laying on your back position the ball between your feet and squeeze to hold the ball above your stomach. Keeping tension in your abs, lower your legs without pulling the ball and without arching or straining your back. Bring back to start position.</p>		<p>Lie face up with the ball positioned under your mid/lower back. Hands can be placed on temple, behind head or on your chest. Contract your abs to lift your torso off the ball, pulling the bottom of your ribcage down toward your hips. As you curl up, keep the ball stable. Lower back down getting a stretch in your abs.</p>	
							
<p>Reps: 10-15 Sets: 2</p>		<p>Reps: 15-20 Sets: 2</p>		<p>Reps: 15-20 Sets: 2</p>		<p>Reps: 20-25 Sets: 2</p>	