



Plank to Side Bridge - Forearms

Support body in a plank position on forearms with feet shoulder width apart. Keep a straight line through the knee, hip and shoulder. Maintain contraction of the transverse abdominal (abdominal hollow) throughout exercise. Turn body as a unit into a side bridge position by pivoting on the feet and shifting weight over one shoulder. Hold, return to plank and alternate sides.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

keep abs sucked in!



Rocker Board to Wobble Board

Standing on rocker board. Take a step from rocker board to wobble board and keep balanced.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Knee Tucks

In push up position with ball under the shins. Keep shoulder blades back, elbows slightly bent, pelvic tilt and abdominal hollow. Pull knees toward chest, rolling ball under the lower legs. Straighten legs to return to starting position and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

keep abs sucked in!



'Sword' - Quadruped

On hands and knees holding tubing in one hand against opposite hip. Tubing should be coming from behind body. Pull tubing up and across body until arm is outstretched over head. Maintain abdominal hollow and upper body control. Return to start position and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

keep abs sucked in and avoid twisting upper body.