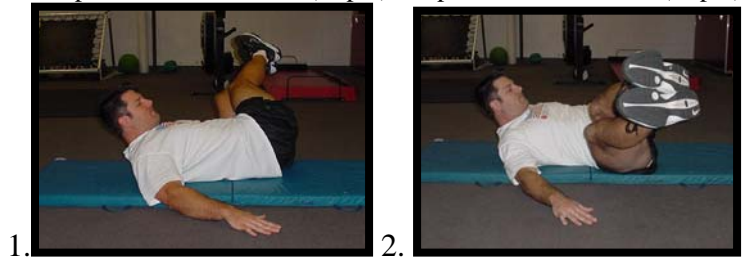


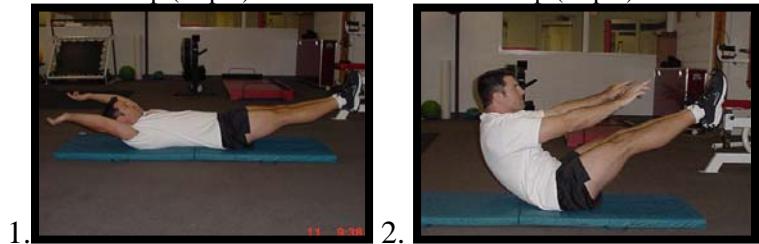
Core Stability and Strength

Progression Two: Movement specific

Exercise One: Sets _____ Reps _____ Duration _____
 Supine Trunk Rotations (step 1) Supine Trunk rotations (step 2)



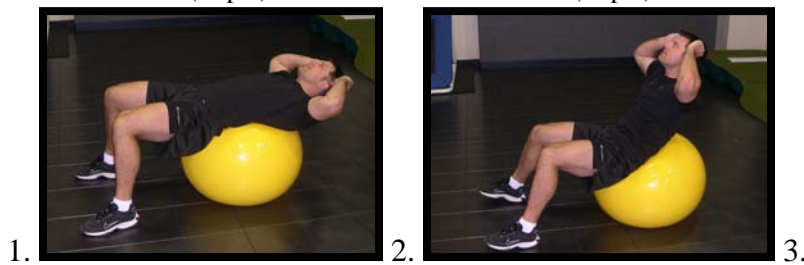
Exercise Two: Sets _____ Reps _____ Duration _____
 V-Up (step 1) V-Up (step 2)



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Progression One: Physio-Ball Exercises

Exercise One: Sets _____ Reps _____ Duration _____
 Crunch (step 1) Crunch (step 2)



Oblique Crunch



Exercise Two: Sets ____ Reps ____ Duration ____

Lateral side crunch (step 1) Lateral side crunch (step 2)



Exercise Three: Sets ____ Reps ____ Duration ____

Supine bridge (step 1)



Supine Bridge (step 2)

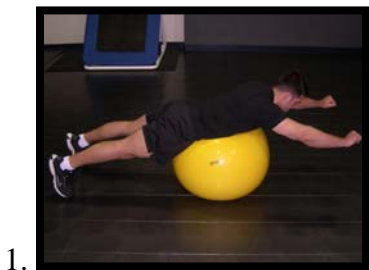


Supine Bridge Alt Legs

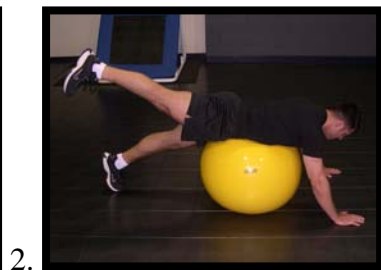


Exercise Four: Sets ____ Reps ____ Duration ____

Superman



Prone alt leg



Prone alt arm and leg

