EMORY HEALTHCARE

EMORY SPORTS MEDICINE CENTER

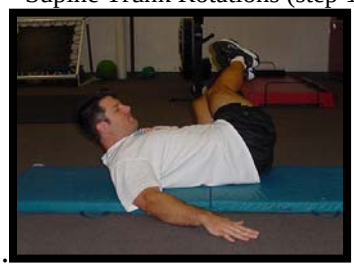
Go Where the Players Go!

Core Stability and Strength

Progression Two: Movement specific

Exercise One: Sets____ Reps____ Duration____

Supine Trunk Rotations (step 1) Supine Trunk rotations (step 2)

1.  2. 

Exercise Two: Sets____ Reps____ Duration____

V-Up (step 1) V-Up (step 2)

1.  2. 

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Progression One: Physio-Ball Exercises

Exercise One: Sets____ Reps____ Duration____

Crunch (step 1) Crunch (step 2) Oblique Crunch

1.  2.  3. 

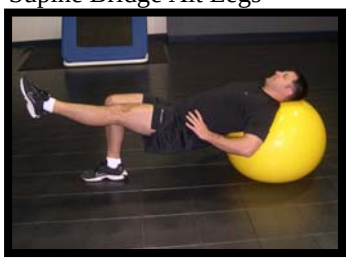
Exercise Two: Sets____ Reps____ Duration____

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

1.  2. 

Exercise Three: Sets____ Reps____ Duration____

Supine bridge (step 1) Supine Bridge (step 2) Supine Bridge Alt Legs

1.  2.  3. 

Exercise Four: Sets____ Reps____ Duration____

Superman Prone alt leg Prone alt arm and leg

1.  2.  3. 

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