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. 

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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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