Core Stability and Strength

Progression One: Medicine Ball Progressions

**Exercise One:** Sets ____ Reps ____ Duration ____
- Trunk Rotations (step 1)
- Trunk Rotations (step 2)

1. 2.

**Exercise Two:** Sets ____ Reps ____ Duration ____
- Knee-ups (step 1)
- Knee-ups (step 2)

1. 2.

**Exercise Three:** Sets ____ Reps ____ Duration ____
- Med Ball Transfer (step 1)
- Med Ball Transfer (step 2)

1. 2.
Exercise Four & Five: Sets ____ Reps ____ Duration ____
Russian Twist (step 1)       Russian Twist (step 2)       Woodchoppers (step 1)       Woodchoppers (step 2)

Core Stability and Strength

Progression One: Advanced Physio-Ball Exercises

Exercise One: Sets ____ Reps ____ Duration ____
Leg Bridge       Marching (step 1)       Marching (step 2)
1. 2. 3.

Exercise Two and Three: Sets ____ Reps ____ Duration ____
Seated Resistance Trunk Rotations (step 1 & 2)       Knee-Ups (step 1)       Knee-Ups (step 2)
1. 2. 1. 2.
Exercise Four: Sets ____ Reps ____ Duration ____
Reverse Crunch (step 1)       Reverse Crunch (step 2)
1. 2.

Exercise Five: Sets ____ Reps ____ Duration ____
Kneeling ISO holds
Advance can catch med ball all directions

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