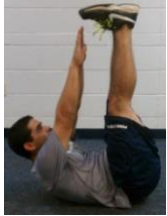
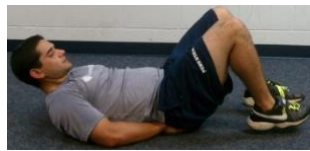


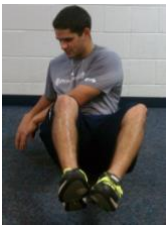
Core Routine #1



Toe Touch 3 x 20



Reverse Crunch 3 x 30



V-Twist 3 x 20ea.



Butterfly Crunch 3 x 20



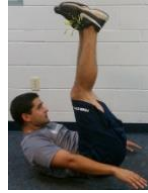
Oblique Crunch 3 x 20ea.



Same Side 3 x 12ea.

*Each core exercise will be performed at a slow and controlled pace with good extension and rotation as the exercise dictates.

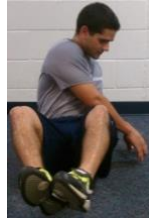
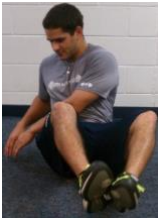
Core Routine #2



Floor Slaps 3 x 20



Bicycle Crunch 3 x 20ea.



Cherry Pickers 3 x 20ea.



Single Leg Jack Knife 3 x 15ea.



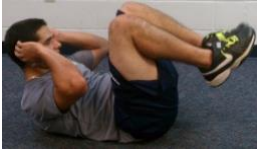
Windshield Wipers 3 x 20ea.



Superman 3 x 12

*Each core exercise will be performed at a slow and controlled pace with good extension and rotation as the exercise dictates.

Core Routine #3



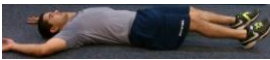
Crunch 3 x 20



Alternate Toe Touch 3 x 10ea.



Reverse Fig.-4 3 x 15ea.



Suitcase Crunch 3 x 20



Deadfish 3 x 15ea.



Opposite Sides 3 x 10ea.

*Each core exercise will be performed at a slow and controlled pace with good extension and rotation as the exercise dictates.

Hanging Core Routine

- Right Side 3 x15
- Left Side 3 x 15
- Full Crunch 3 x 15
- Back Extensions 3 x 15

*Can be performed with a med ball toss.

*Each core exercise will be performed at a slow and controlled pace with good extension and rotation as the exercise dictates.