



### Crunches

Lying on back, knees bent and feet flat on floor. Holding weight on chest under chin, raise upper body up off floor until shoulder blades clear the floor. Maintain abdominal hollowing throughout the movement.

Sets:	1
Reps:	
Weight:	
Hold:	
Rest:	

**Notes:**



### One legged bridge on BOSU/balance cushion

Lying with upper back supported on BOSU ball, knees bent, feet resting flat on a balance cushion. Maintain an abdominal hollow, and raise one hip/knee up into the air. Squeeze the buttocks, pushing down through support foot to raise into bridge position, forming a straight line with shoulder, hip and knee. Avoid twisting. Hold for 3 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	3-4
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

**Notes:**



### Opposite limb extension on BOSU

On all fours, one hand on BOSU ball, opposite knee resting on balance cushion. Other hand and foot resting gently on floor for support. Maintain an abdominal hollow, extend arm from floor to overhead position with palm facing floor, while back leg extends straight back. Try to hold arm and leg parallel to floor, return to start position, repeat. Stop if the exercise causes pain.

Sets:	3-4
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

**Notes:**



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### Side bridge with BOSU/balance cushion

In side lying, feet/ankles supported on BOSU, bottom forearm and both hands supported on gym ball. Maintain an abdominal hollow. With ankle, knee, hip, and shoulder in line, let pelvis sink slightly toward floor. With control, slowly raise pelvis back to neutral, avoid twisting, hold for 3 relaxed breaths. Return to start position, repeat. Stop if the exercise causes pain.

Sets:	3-4
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes:



### Pike position with BOSU

Walk out to plank position with ankles on gym ball, hands supported on BOSU ball. Maintaining an abdominal hollow, fold at midsection to bring buttocks up in the air, legs straight, with toes resting on ball. Hold, return to start position, repeat. Stop if the exercise causes pain.

Sets:	3-4
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes:



### Crunches with Weight - Ball

Lying on back over gym ball with head supported on ball and a weight held over head. Sit up curling abs in over bellybutton, pulling weight. Turn toward one side, bringing weight down to that side. Lower back down to start position with control and repeat to the opposite side. Stop if the exercise causes pain.

Sets:	1
Reps:	
Weight:	
Hold:	
Rest:	

Notes:



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Jump on Board

Standing approx.1ft. from rocker board, jump up onto board. Land softly with knees bent, establish balance, eventually with board level. Stop if the exercise causes pain.

Sets:	
Reps:	1-2 min
Weight:	
Hold:	
Rest:	
5 x/week	

Notes:



Torso Rot. Chop

Attach tubing behind body and above head. With feet facing forward, rotate torso to one side, reach up and grab tubing with both hands, keeping elbows straight. Pull tubing down to opposite hip, keeping elbows straight and thumbs pointing up. Control movement with abdominals. Hold for 3 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
4 x/week	

Notes:



Reverse Torso Chop

Standing, step both feet on one end of tubing and hold opposite end with both hands in front of the hip. Slightly turn torso toward that hip. Pull tubing up with both hands, keeping elbows straight and rotate toward the opposite side as if drawing a sword. Slowly lower back down into the start position and repeat. Use abdominals to control motion.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
4 x/week	

Notes:



### Obliques Arms Crossed

Lying on back with knees bent and feet flat on the floor. Cross arms across chest, raise upper body up off floor and rotate one shoulder towards the opposite knee. Raise until the shoulder blade clears the floor. Hold for 3 relaxed breaths. Lower slowly and repeat. Maintain abdominal hollow and keep chin in neutral. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



### Static Sit Up Leg Raise

From a seated position, roll slowly down ball (walking feet forward), until the ball fits into the hollow of your low back. Place hands lightly behind ears, maintain an abdominal hollow, and slowly raise one leg at a time. Hold for 3 relaxed breaths, slowly returning foot to the floor. Maintain an abdominal hollow. Stop if the exercise causes pain.

Sets:	3-4
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes:



### Crunches - Feet on Ball

Lying on back with knees bent, lower legs resting on ball. With chin in neutral, and hands gently behind ears, pull abdominals inward and raise upper body off floor (until shoulder blades clear floor). Maintain an abdominal hollow. Hold for 3 relaxed breaths, slowly return to start position, repeat. Stop if the exercise causes pain.

Sets:	3-4
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes:



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### Side Raises

Kneel down on one knee beside ball with ball tight to hip. Lift body up sideways onto the ball, so that ball is under the hip and waist. With legs extended, arms crossed at chest, lift upper body up off ball. Hold in side flexion for 3 relaxed breaths, slowly return to start position, repeat. Maintain an abdominal hollow. Stop if the exercise causes pain.

Sets:	3-4
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes:



### Plank - Toes Together

Support body in a plank position with elbows directly below shoulders and feet together. Keep a straight line through the knee, hip, and shoulder. Maintain an abdominal hollow. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



### Plank to Side Bridge - Forearms

Support body in a plank position, elbows under shoulders with feet together. Keep a straight line through knee, hip and shoulder. Maintain abdominal hollow throughout exercise. Turn body as a unit into a side bridge position by shifting weight over one elbow/shoulder and pivoting on the feet. Upper arm can rest on abdomen or pelvis. Hold for 3 relaxed breaths, return to starting position, repeat. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



### Bridge / Arm Raise

From a bridge position, ball supporting neck and shoulders, holding arms straight up in air. Slowly raise one arm overhead while maintaining abdominal hollow and spinal alignment. Hold for 3 relaxed breaths, slowly return to start position, alternate. Stop if the exercise causes pain

Sets:	3-4
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes:



### Ball Sit / Arm Movement

Sitting tall on gym ball, feet resting lightly on floor. With both hands on a small ball, balance and maintain an abdominal hollow while moving arms in various directions. Stop if the exercise causes pain.

Sets:	3-4
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

Notes: