

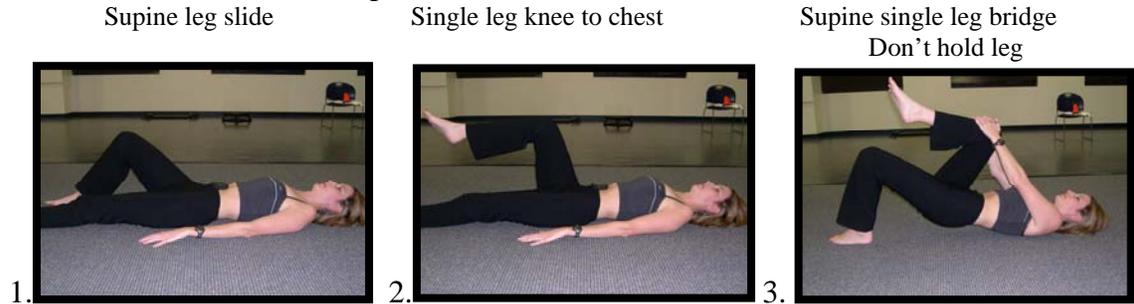
Core Stability and Strength

Progression One: Drawing in Isometric hold with limb movement

Exercise One: Sets _____ Reps _____ Duration _____



Exercise Two: Sets _____ Reps _____ Duration _____



Exercise Three: Sets ____ Reps ____ Duration ____

Prone ISO Hold



1.

ISO hold with Extension



2.

ISO hold with hip abduction



3.

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Side ISO Hold



4.

Side ISO hold with Abduction



5.

Supine ISO hold



6.

Core Stability and Strength

Progression Two: Movement specific

Exercise One: Sets ____ Reps ____ Duration ____

Supine Trunk Rotations (step 1)



1.

Supine Trunk rotations (step 2)



2.

Exercise Two: Sets ____ Reps ____ Duration ____
V-Up (step 1) V-Up (step 2)

