

Core Stability and Strength

Progression One: Medicine Ball Progressions

Exercise One: Sets _____ Reps _____ Duration _____

Trunk Rotations (step 1)



Trunk Rotations (step 2)



Exercise Two: Sets _____ Reps _____ Duration _____

Knee-ups (step 1)



Knee-ups (step 2)



Exercise Three: Sets _____ Reps _____ Duration _____

Med Ball Transfer (step 1)



Med Ball Transfer (step 2)



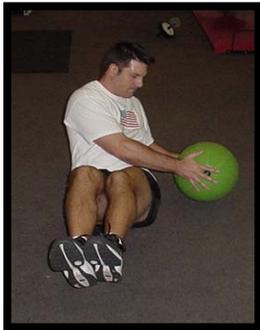
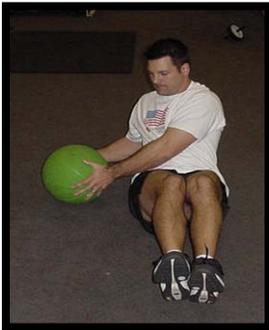
Exercise Four & Five: Sets _____ Reps _____ Duration _____

Russian Twist (step 1)

Russian Twist (step 2)

Woodchoppers (step 1)

Woodchoppers (step 2)



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Core Stability and Strength

Progression One: Advanced Physio-Ball Exercises

Exercise One: Sets _____ Reps _____ Duration _____

Leg Bridge

Marching (step 1)

Marching (step 2)

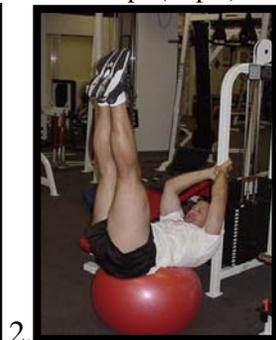
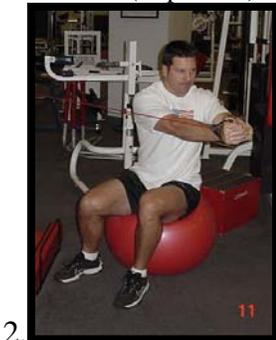


Exercise Two and Three: Sets _____ Reps _____ Duration _____

Seated Resistance Trunk Rotations (step 1 & 2)

Knee-Ups (step 1)

Knee-Ups (step 2)



Exercise Four: Sets _____ Reps _____ Duration _____
Reverse Crunch (step 1) Reverse Crunch (step 2)



Exercise Five: Sets _____ Reps _____ Duration _____
Kneeling ISO holds



Advance can catch med ball all directions

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