



Quadrupedal arm-leg raise

Start on all fours, knees under hips, hands under shoulders. Brace the stomach, squeeze the glutes. Press the heel straight back to straighten the leg while keeping the torso level and spine neutral. Balance a book on your back to insure proper form.

Notes:
A.T.
G.F.
ADL

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Plank

On elbows and toes keep spine neutral hold trunk off floor. Do not let Low back drop, Shoulders shrug. Upper back round.

Notes:
All Categories except power

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Side Plank

Lie on side, resting on elbow. Make sure elbow is directly underneath shoulder. Lift hips off floor and hold body up in a straight line. Keep abdominals tight and neutral spine. Hold

Notes:
All Categories except power

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Dead Bug w/ Foam Roller

on a foam roller touch opposite arm to leg concentrate on a neutral spine and dont let roller move

Notes:
ADL
G.F.
A.T.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Overhead med ball brace

Lying on foam roller with feet flat on floor. Hold med ball straight up in the air and then extend arm back overhead. Hold for 2 seconds and return. Keep abdominal hollow throught entire movement.

To challenge the core musculature using variable leverage.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
ADL
G.F.



Cable Crunch

Kneel on floor with back toward cables. Hold bar above head, keeping back straight. Pull cable downward while sticking tail and chest out. Contract abdominals as you pull toward floor.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
S.T.
G.F.



Iso Ball Push w/partner

Stand on bosu ball holding gym ball in front of body. Maintain balance and have partner push ball from side to side.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
G.F.
ADL
A.T.



Bosu and Ball Plank

Maintaining neutral spine place elbows on ball and feet on Bosu
Can also be done the opposite way

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
All Catagories except power



No Rotation transverse cable chop

Grasp handle of cable with both hands keeping abs tight and shoulders down, twist from the hips while pulling cable straight across your body.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
All Except Power



No Rotation upward cable chop

Grasp handle of cable with abs tight and shoulders down. twist from the hips, pulling in an upward and across motion.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
A.T
F.T
ADL
S.T



No rotation downward chop

Grasp handle of cable with both hands keeping abs tight and shoulders down. Twist from the hips and pull cable in a downward and across motion.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
A.T
G.F
F.T
ADL



Crunch on dyna disc

Place dyna disc under low back. The closer to the tail bone the more difficult. Start with back off the floor, crunch up and return to start. Crunch by shifting the air not by flexing your spine. Dont come too far up. Aviod touching the floor.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
G.F.
A.T.
S.T.



Bird Dog

On hands and knees maintain a neutral spine while extending the opposite arm and leg. Keep hips level and do not use the lower back or hike the shoulder.

Notes:

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Bird Dog with lateral extended arm

Get on hands and knees with hands directly under the shoulders. Extend leg straight out while extending opposite arm straight out to the side. Hold for two seconds and return to starting position. Return and repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Side Plank w/arm-leg raise

Lying on side with legs straight out. Keep hip, shoulder in line. Support body on forearm, raise hip off floor and hold. Raise upper arm and leg, hold. Avoid rotating forward or backward.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Ab Crunch

Lie on back with knees bent on top of ball. Keep arms folded across chest or hands behind head. Slowly roll your shoulders away from the floor until a strong contraction is felt in the abdominals. Return to start under control. Press lower back into the floor, exhale on the exertion, and avoid tucking the chin toward the neck.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

