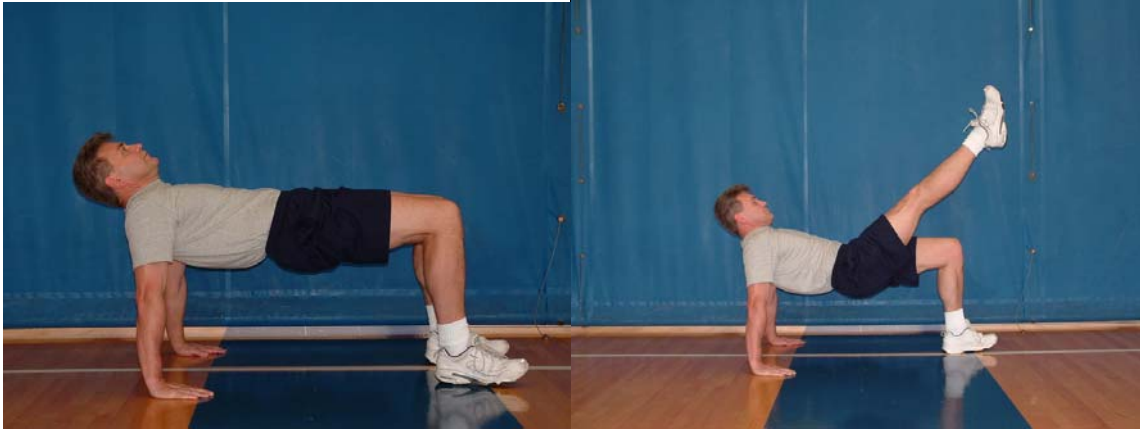


## **Ab Plank with Straight Leg Raise**



**Position yourself face up with your knees bent at 90 degrees, feet flat on the floor. Your hands should be directly under your shoulders facing forward. While in this position you want to pull your belly button toward your spine, flattening your abdomen outwards. (you are not sucking in your stomach, which will make you hold your breath... think of it like you have a weight attached to your navel from the inside and pulling it down and out. This action will engage your core muscles and help protect your lower back.)**

**Using your buttock muscles, slowly raise your pelvis from the floor, keeping your trunk rigid until the pelvis is in line with your knees and shoulders, so that you are balancing on your palms and feet and looking forward. Then, slowly extend one leg from the knee until the leg is straight and parallel to your upper body. Flex your hip to 45 degrees without moving your pelvis, keeping your trunk rigid. Hold for 5 seconds. Slowly return to starting position.**

**This is 1 rep. You want to do 15 reps, which will make up 1 set. You want to work up to 3 sets. Do half of the reps on one leg, and then switch legs**

## **Ab Plank with Unilateral Hip Extension**



**Lie on your stomach on the ball. Walk forward on your hands so that your ankles are on the center of the ball. Have your elbows directly under your shoulders with forearms on the floor. Keep your neck and head in line with your spine. You're your body in line from feet to shoulders. While in this position you want to pull your belly button toward your spine, flattening your abdomen outwards. (you are not sucking in your stomach, which will make you hold your breath... think of it like you have a weight attached to your navel from the inside and pulling it down and out. This action will engage your core muscles and help protect your lower back.)**

**Using your buttock muscles, raise your left leg six to twelve inches off the ball. Hold for 5 seconds. That is 1 repetition. You want to do 10 repetitions on each leg. Do half of the repetitions on one side and then switch the leg you raise and do the remaining repetitions...and go back and forth...till you get 10 reps for each leg...that will make 1 set, and you want to work up to a total of 3 sets.**

**Note: Do not allow the Ball to move when you are raising your leg. Do not allow your hips to bend or your back to arch or curl.**

## AB Plank



### **Start**

### **Intermediate**

### **Advanced**

**Start out by kneeling on the floor. Your thighs perpendicular to the floor and your forearms resting on the ball with your hands clasped. Keep your head and neck aligned with spine. While in this position you want to pull your belly button toward your spine, flattening your abdomen outwards. (you are not sucking in your stomach, which will make you hold your breath... think of it like you have a weight attached to your navel from the inside and pulling it down and out. This action will engage your core muscles and help protect your lower back.)**

**Slowly lean forward from the knees so that the Ball rolls away from your body. (Intermediate position) Keep your upper body in line from the hips to the shoulders. Hold for five seconds. Slowly return to the start position, keeping your trunk rigid... That is 1 repetition. You want to do 10 repetitions which will make 1 set, and you want to work up to a total of 3 sets.**

**The Advanced position is once in the intermediate position you continue to roll the ball forward until your body is in line from your feet to your shoulders.**

**The ONLY movement should be through the knees and hips. Your trunk remains stable.**

## **Backward Lean on Ball**



Sit on the ball and make sure that your weight is evenly distributed on both hip and that your knees are bent to about 110 degrees. Hold the weight in your hands above your knees, keeping your elbows straight. Your chin should be at about 90 degree angle so that your ears are in line with your shoulders and your shoulder blades are pulled down and inwards toward your spine. Focus on a spot directly in front of you. While in this position you want to pull your belly button toward your spine, flattening your abdomen outwards. (you are not sucking in your stomach, which will make you hold your breath... think of it like you have a weight attached to your navel from the inside and pulling it down and out. This action will engage your core muscles and help protect your lower back.)

Now Keep you body in a lengthened position as though someone were pulling a string attached to your vertebrae, and slowly recline your upper body from your hips in a 45 degree angle. Hold for 5 seconds and then slowly return back to the starting position.

That is 1 Rep. You want to shoot for 15-25 Reps. That will make 1 Set. You want to shoot for 3 Sets.

## **Ball Handsand**



This exercise will work your abs, shoulders, chest, hips and quads. Slowly walk forward on the ball. Keep your transverse abdominal muscles engaged. Do not let your hips sag towards the floor. Make sure you maintain a neutral spine posture.

As you walk out further the difficulty of the exercise will increase. You want to start out by holding this position for 15 seconds.

This is 1 Rep. Do 4-6 Reps which will make up 1 set and shoot for 3 sets

## **The Ball Squeeze**

This exercise will strengthen your inner thighs



Start in a neutral seated posture with your legs straddling the ball. Hold your hands out to the side for added balance.

Your toes should be in contact with the ground. Squeeze the ball with your inner thighs and knees. As you do this your body will rise. Hold the squeeze for a few seconds and then release. That is 1 rep. You want to do 10 Reps. Which will make 1 Set. Shoot for 3 sets.

## Diagonal Crunch



**Lie** on your back with knees bent and feet on the floor, shoulder width apart. Cross arms at the chest and focus eyes on the ceiling. Without twisting the spine, **lift** the shoulder blades up by directing the right ear towards the left knee. Keep head, neck, and back in a straight line. Return to the start position and repeat in the opposite direction to work the other side. This exercise may also be done using a towel for **further neck support**.

This is 1 Rep. Do 10-12 Reps which will make up 1 set and shoot for 3 sets

## Diagonal Knee Smash



Keep your feet about shoulder width apart and put your arms up in front of your chest. Bring your left knee up and twist your right arm/shoulder to touch the knee, with a torso twist. Now bring your knee back down and swap to your right knee up and torso twist the left arm/shoulder to touch the knee. When you are twisting your torso you want to have your abs tight and work your oblique's as you twist.

That is 1 Rep. You want to shoot for 15-25 Reps. That will make 1 Set. You want to shoot for 3 Sets.



## **Diamond Crunch**



Lie face up on the floor, knees open to the sides, soles of your feet together. Clasp your hands and extend your arms over your chest. Hollow stomach by pulling your navel down toward your spine. Then lift your head and shoulders off the floor, reaching as far forward as comfortably possible. Hold for 3-5 seconds and then slowly lower yourself back to the starting position.

That is 1 Rep. You want to shoot for 15-25 Reps. That will make 1 Set. You want to shoot for 3 Sets.

## Double Twist



Sit on the floor with your knees bent and hands clasped just above your thighs. Keeping your back straight, lean back slightly, tighten your abs, lift your feet off the floor, and balance. Rotate upper body to the right, bringing hands as close to the floor as possible, while simultaneously dropping your knees to the left. Return to center and repeat 10 twists to left and then 10 twists to right.

## Extended Arm Crunch



This move will emphasize the upper part of your abs.

Lie on the floor and extend your arms straight out behind your head with your hands clasped or close together, keeping your arms next to your ears. Now, contract your abs and lift your shoulder blades off the floor. Slowly lower yourself back down and repeat for 12- 16 reps. That is one set. Shoot for 3 Sets.

## The Fold with Ball



**Start**

**Transition**

**Finish**

**Lie on your back with your knees bent, feet flat on the floor. Now hold the ball in your hands over your head approximately one to two inches off the floor. Keep your elbows straight. While in this position you want to pull your belly button toward your spine, flattening your abdomen outwards. (you are not sucking in your stomach, which will make you hold your breath... think of it like you have a weight attached to your navel from the inside and pulling it down and out. This action will engage your core muscles and help protect your lower back.)**

**Now lift the ball overhead until it is 90 degrees over your chest. Continue moving the ball toward your knees as you lift your upper vertebra one at a time into a crunch. Simultaneously lift your hips off the floor bringing knees toward your elbows. Continue to curl until the ball is in contact with your ankles. Uncurl your hips until your pelvis is on the floor and your knees and hips are at 90 degrees and the ball is one to two inches off the floor by your feet. Do the reverse to return to the starting position. This is 1 rep. You want to do 15 reps, which will make up 1 set. You want to work up to 3 sets.**

## Forward Lean Foot Lift



**Start**

**Finish**

**Sit on the middle of the ball. Make sure that your weight is evenly distributed on both hips and that your knees are bent to about 110 degrees. Hold a small weight, or ball in your hands above your kneed. Chin should be at about 90 degrees so that your ears are in line with your shoulders and shoulder blades are pulled down and inwards toward your spine. Focus on a point directly in front of you. While in this position you want to pull your belly button toward your spine, flattening your abdomen outwards. (you are not sucking in your stomach, which will make you hold your breath... think of it like you have a weight attached to your navel from the inside and pulling it down and out. This action will engage your core muscles and help protect your lower back.)**

**Now keep your body in a lengthened position as though someone were pulling a string attached to your vertebrae. Slowly lean your upper body forward 45 degrees from the hips and raise your left foot four to six inches off the floor without moving the ball. Hold for 5 seconds and then slowly return to starting position. This is 1 rep. You want to do 15 reps, which will make up 1 set. You want to work up to 3 sets.**

**Note. You want to make sure you alternate the leg you are lifting.**

## Grasshopper



This exercise is great for developing lung power while at the same time conditioning your abs, hips and thighs. One minute worth of this exercise will definitely get your attention.

Start by getting on all fours. While keeping your hands on the floor, slightly lift your right leg and slide it under your chest until it touches your left hand. Without missing a beat, reverse the directions. Now, slide your left leg over your right hand. Do this for 25-100 reps.

Make sure that you breathe naturally

## Half fold Sit Up



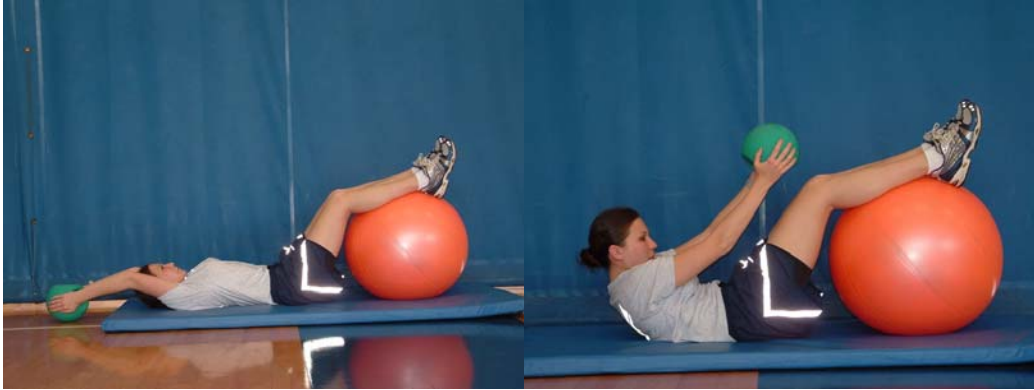
**Start**

**Finish**

Lie on your back with your knees bent and feet flat on the floor. Lift your arms to 90 degrees over your chest with a small ball, or weight in your hands. Elbows should be straight. While in this position you want to pull your belly button toward your spine, flattening your abdomen outwards. (you are not sucking in your stomach, which will make you hold your breath... think of it like you have a weight attached to your navel from the inside and pulling it down and out. This action will engage your core muscles and help protect your lower back...Hold this position for 5 seconds.

Now, Lift your upper body (one vertebra at a time) into a crunch position. As your arms extend forward and reach with the small ball or weight toward your knees, your shoulder blades should clear the floor. Keep your upper body lifted and arms straight. Hold this position for 5 seconds, and then slowly return to the start position. That is 1 repetition. You want to do 10 repetitions which will make 1 set, and you want to work up to a total of 3 sets.

## Half – Fold with Ball



**Lie on your back and place your calves on the ball so that your knees are bent to about 110 degrees. Hold a small ball or weight between your hands with your arms overhead, and your elbows straight. While in this position you want to pull your belly button toward your spine, flattening your abdomen outwards. (you are not sucking in your stomach, which will make you hold your breath... think of it like you have a weight attached to your navel from the inside and pulling it down and out. This action will engage your core muscles and help protect your lower back.)**

**Slowly bring your arms off the floor and raise them until they are at a 45 degree angle from your body, keeping your elbows locked. Curl your body one vertebra at a time while continuing to move the small ball or weight so that it comes into contact with your knees (until shoulder blades are just off the ground). Hold for 5 seconds. Then slowly return to the starting position. That is 1 repetition. You want to do 10 repetitions....that will make 1 set, and you want to work up to a total of 3 sets.**

**Note: Keep your chin tucked in so that your head is the last part of your body to return to the floor. As a variation to this exercise, you could curl your body one vertebra at a time while continuing to move the small ball or weight and instead of reaching for the front of your knee, reach for the outside of your right knee, and then your left knee...targeting your oblique's**



## Hip Crunch



This exercise will work your lower abs.

Lay on your back with your hands by your side. Place your legs on the ball and bring it in toward your buttocks. With your heels grip the ball and then bring your knees toward your chest, contracting your abs and lifting your buttocks off the floor. Hold for 2-3 seconds and then lower the ball. That is 1 rep. You want to do 10-12 Reps, which will make up 1 set. Shoot for 3 Sets.

## **Knee Circles**



Start by lying on your back with your arms resting at your sides. Raise your feet into the air and bring your knees over your rib cage. Now, with your abs contracted and your belly pulled in toward your spine, slowly lower your knees to the side, then circle your knees away from you and around to the other side. Complete the circle by bringing your knees back to their starting position. Begin with small circles and increase the size for more of a challenge. That is 1 rep. You want to do 5-10 reps. That will make 1 set and you want to shoot for 3 sets.

Note: DO NOT ARCH your back to do this exercise. Keep your lower back flat on the floor.

## Knee lift



Lift your hands overhead. Lift your right knee up to waist level while twisting your left shoulder toward the right side and tightening your oblique's and abs... bringing your arms down and touching your knee. Do 12 to 15 repetitions, then repeat, this time with your other leg . That is 1 set. Shoot for 3 sets.

## **Kneeling Side Kick**



**From a kneeling position, lean to right and place your right hand on the floor directly beneath your shoulder. Extend left leg out to the side so its parallel to the floor, foot pointed. Place left hand behind your head. Contract your abs and bend your left leg, pulling your knee towards your chest. Straighten your leg and repeat. Perform 15 to 20 reps. Switch arms and legs and repeat. That is 1 set, goal is to work up to 3 sets.**

## Negative Crunch



Sit with your knees bent and your feet flat on the floor, shoulder width apart. (Tuck your feet under a weight to maintain balance if you need to. Extend your arms in front of you with your fingers interlaced. Begin with your upper body at slightly less than a 90 degree angle to the floor. Lower your upper body toward the floor, curling your torso forward, rounding your lower back, and keeping your abs contracted. When your upper body reaches a 45 degree angle to the floor, return to the starting point. That is 1 rep. You want to do 12-15 Reps. That will be 1 Set. You want to work up to 3 Sets.

## Oblique's



**Start**

**Finish**

**Lie on your back and bend your left knee, foot flat on the floor. Rest your right ankle on your left thigh and let your right knee fall to the outside. Now, clasp your hands behind your head, with elbows in line with your shoulders and resting on the floor. While in this position you want to pull your belly button toward your spine, flattening your abdomen outwards. (you are not sucking in your stomach, which will make you hold your breath... think of it like you have a weight attached to your navel from the inside and pulling it down and out. This action will engage your core muscles and help protect your lower back.)**

**Now lift your head and shoulders off the floor while rotating as one unit to the right side until your left shoulder blade is just off the floor. Keep your elbows in line with your shoulders. Hold for 5 seconds and then slowly return to starting position. This is 1 rep. You want to do 15 reps, which will make up 1 set. You want to work up to 3 sets.**

## **Pelvic Shimmy**

This Exercise will improve the dynamic control and range of motion of your lower trunk and hips.



These exercises take the Pelvic Tilt one step further. Start in the neutral position. Now rock your hips from side to side. That is 1 rep. You want to do 10 Reps. Which will make 1 Set. Shoot for 3 sets.

## Pelvic Tilt



This exercise will improve your flexibility and body awareness of your lower spine and pelvis

Start in a neutral sitting posture. You will be flattening your lower back by contracting your ab muscles and sliding your hips forward. The ball will move forward slightly as you enter the pelvic tilt position. Your chest and shoulders and head should not be moving or changing their position. Hold this position for 5 seconds and return to starting position. That is 1 rep. You want to do 10 Reps. This will make 1 set and you want to shoot for 3 sets.



## Pike



This exercise will work your abs, shoulders, arms, hips  
Slowly walk forward on the ball. Keep your transverse abdominal muscles engaged. Do not let your hips sag towards the floor. Make sure you maintain a neutral spine posture.

As you walk out further the difficulty of the exercise will increase. Once you are fully extended you want to contract your abs and push your buttocks in the air, and roll the ball so that the only thing touching the ball is your shoelaces. Focus on contracting maximally throughout the exercise.

This is 1 Rep. Do 10-12 Reps which will make up 1 set and shoot for 3 sets

## Reverse Crunch



**Start**

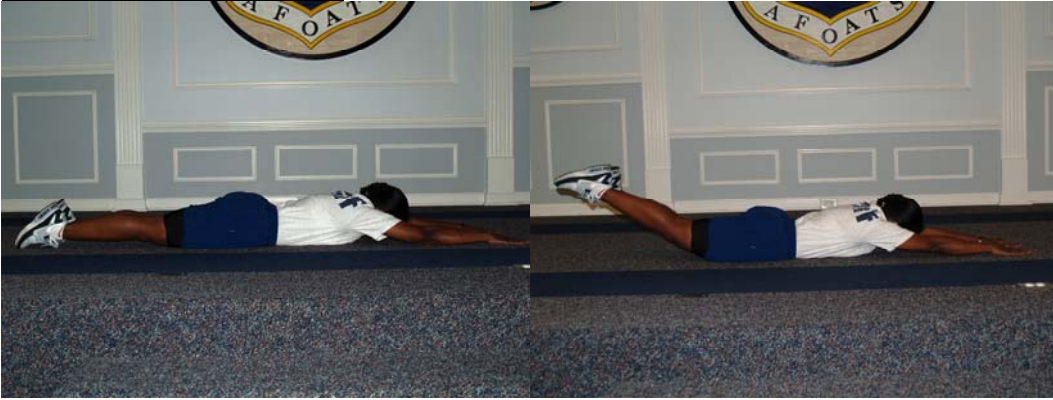
**Finish**

Lie on your back and bend your hips and knees to 90 degrees. While in this position you want to pull your belly button toward your spine, flattening your abdomen outwards. (you are not sucking in your stomach, which will make you hold your breath... think of it like you have a weight attached to your navel from the inside and pulling it down and out. This action will engage your core muscles and help protect your lower back.)

Now curl your buttocks off the floor keeping your upper body, shoulders, arms and neck on the floor. Hold for 5 seconds and then slowly return to starting position. This is 1 rep. You want to do 15 reps, which will make up 1 set. You want to work up to 3 sets.

**Note:** Do not let your legs rock back and forth as momentum. If it happens, hold onto something to stabilize your torso

## Reverse Leg Lift



This exercise will develop strength in your abs, lower back and buttocks. You also get a good stretch for your lower back with this exercise.

Lie face down on the floor with your arms stretched forward and your legs flat on the floor.

Inhale and lift both legs at the same time. Hold this position for 2-3 seconds.

Exhale and lower your legs back to the floor.

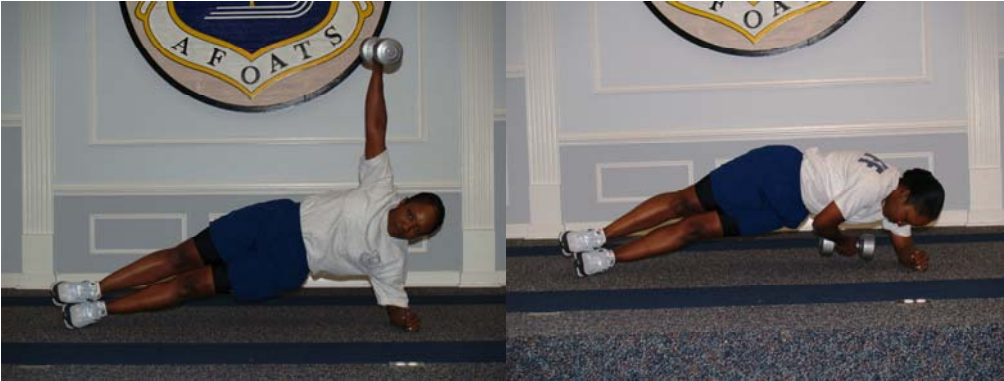
That is 1 Rep. You want to shoot for 15-25 Reps. That will make 1 Set. You want to shoot for 3 Sets.

## Scorpion



Lie on your stomach with your arms straight out at your sides and your legs straight so your body forms a T. Keeping your arms still, thrust your left heel toward your right hand by squeezing your glutes, and bending your knee. Bring your leg back to the starting position, then try to touch your right heel to your left hand. That completes 1 rep. You want to do 5 reps. That makes 1 set. You want to shoot for 3 sets

## Side Bridge Reach



Holding a light weight in your right hand, lie on your left side with your feet stacked. Bend your left elbow 90 degrees and prop yourself up so that only your forearm and left shoe touch the floor and your body is straight. Extend your right arm. Now bring the weight down and under you, reaching with your arm until the weight is behind you and you face the floor. Reverse the motion to the starting position.

**The plan:** Do four sets of 10 repetitions in weeks 1 and 3. Perform four sets of five reps in weeks 2 and 4.

## Side Chop



Hold a 3-5 pound ball or weight and stand with your feet hip-width apart. Sit back into a half squat, contract your left oblique, and twist your torso to the left bringing the weight or ball to the outside of your left leg. Your knees should point forward and stay behind your toes. As you stand back up, contract your right oblique's and twist your torso to the right, sweeping the weight up and across your body to the right. Follow the ball with your eyes until it is over your right shoulder. Return to the start and switch sides. That is 1 rep. You want to do 12-15 Reps That will be 1 Set. You want to work up to 3 Sets.

## **Side Crunch with Ball**



**This exercise will increase your lateral trunk strength and target your obliques, abs and outer hips.**

**Place your hip on the ball ensure that the ball is under your hip and not your ribs. Place your hands on the ball for additional balance and support if needed. You are now in the start position. Keep your trunk perpendicular to the floor; do not twist. Crunch up side ways using the muscles on the topside of your trunk. If you cannot raise yourself up very high at first to not be discouraged. You are still challenging your muscles by contracting them.**

**That is 1 repetition. You want to do 10 repetitions which will make 1 set, and you want to work up to a total of 3 sets. Make sure you switch sides...**

## Side Crunch



Lie on your left side and prop yourself up on your left elbow. Keeping your elbow directly beneath your shoulder. Now place your right hand behind your head and bend your knees, bringing your feet off the floor and rolling back onto your left glute...( where your jeans pocket would be)

Now, contract your right obliques and pull your knees and right elbow toward each other, bending at your waist as the picture shows. Hold this position for a count of 3 and then release and repeat. Do 12 reps, then switch sides and repeat.



## Side Jackknife



Lie on your left side, with your legs nearly straight and slightly raised off the floor. Also, lift your torso off the floor, with your left forearm on the floor for balance. Hold your other hand behind your right ear, with your elbow pointed toward your feet. Lift your legs toward your torso while keeping your torso stationary. Pause to feel the contraction on the right side of your waist. Then slowly lower your legs and repeat. Finish the set, then switch sides. Do 10 to 15 repetitions.

## Ski Tuck



This exercise will work your abs, shoulders, arms, hips  
Slowly walk forward on the ball. Keep your transverse abdominal muscles engaged. Do not let your hips sag towards the floor. Make sure you maintain a neutral spine posture.

As you walk out further the difficulty of the exercise will increase. Once you are fully extended you want to contract your abs to bring your knees towards your chest. Focus on contracting maximally throughout the exercise.

This is 1 Rep. Do 10-12 Reps which will make up 1 set and shoot for 3 sets

## Standing Crunch



Lunge with your right foot in front and your left foot in back about 2 feet. Your arms overhead. As you straighten your right leg, you want to raise your left knee towards your chest as you bend and pull your elbows down toward the left knee. Return to the start position, and switch legs and repeat.

That is 1 Rep. You want to shoot for 15 Reps. That will make 1 Set. You want to shoot for 3 Sets.

## T Plank



Assume a full push up position with arms extended and hands directly beneath your shoulders. Hold for 10 seconds. Now Rotate your body to the right, allowing your feet to naturally turn onto their sides, and extend your left arm toward the ceiling. Keep your hips lifted , so your body forms a diagonal T. Hold for 10 more seconds. Now return to the start and repeat to the opposite side. That is 1 rep. You want to do 3-5 Reps which will make 1 set. Shoot for 3 sets.

## **Table Top**



**Beginner**

**Advanced**

**This exercise will target your Core, Lower Back, Buttocks, Hips and Quads**

**Start in the neutral spine seated position, and slowly walk your feet forward while leaning back into the ball. Continue forward until your head rests on the ball. Keep your hips up, do NOT sag or overcompensate by arching your back up towards the ceiling. If you are unable to lift your leg without your buttock dropping, you need to practice at the beginner level before advancing.**

**Hold this position for 20 seconds, then roll back up to the starting position  
Then do it again for 45 seconds, then roll back up to the starting position  
Finally, do it again....and hold it for 90 seconds.**

## The Fold



**Start**

**Finish**

**Lie on your back and bend your knees, foot flat on the floor, holding a small ball between your knees. Now, clasp your hands behind your neck, (not your head) with elbows pointing toward the ceiling. While in this position you want to pull your belly button toward your spine, flattening your abdomen outwards. (you are not sucking in your stomach, which will make you hold your breath... think of it like you have a weight attached to your navel from the inside and pulling it down and out. This action will engage your core muscles and help protect your lower back.)**

**Now lift your upper body one vertebra at a time into a crunch until your shoulder blades are just off the floor. Simultaneously curl your hips off the floor bringing your knees toward your elbows. Hold for 5 seconds and then slowly return to starting position. This is 1 rep. You want to do 15 reps, which will make up 1 set. You want to work up to 3 sets.**

## Twisting Rollback



Sit tall with your legs bent, feet flat on the floor. Extend your arms in front. Round your spine and roll back one vertebra at a time onto your tailbone as you twist your torso to the left, pulling your left arm back as shown. Return to center and roll back up. Now repeat on the other side. Continue alternating sides until you have done 24 reps

## V Position



**Start**

**Finish**

**Start out by sitting on the floor. Bend your hips and upper body to 90 degrees. Bend your knees to 45 degrees holding a small ball between them with your feet raised off the floor. Bend your elbows to 90 degrees with your hands flat on the floor, fingers pointing forward. While in this position you want to pull your belly button toward your spine, flattening your abdomen outwards. (you are not sucking in your stomach, which will make you hold your breath... think of it like you have a weight attached to your navel from the inside and pulling it down and out. This action will engage your core muscles and help protect your lower back...Hold this position for 5 seconds.**

**Next you want to slowly extend your knees so that your legs are straight at 45 degrees from the floor. Simultaneously you will bend your elbows so that your upper body is at a 45 degree angle from the floor. Keeping your upper body straight. Hold this position for 5 seconds. Slowly returning to the start position**

**That is 1 repetition. You want to do 10 repetitions which will make 1 set, and you want to work up to a total of 3 sets.**



## Weighted Crunch



Lie on your back with your knees bent, and hold a weight or dumbbell on your chest. Slowly, crunch up bringing your shoulder blades off the floor. Pause, then lower yourself to the starting position. That is 1 rep. You want to do 12-15 Reps. That will be 1 Set. You want to work up to 3 Sets.

## Weighted Torso Rotation



Hold a Medicine ball or small weight in front of you as you kneel and sit back on your heels. Quickly twist to the left and set the ball or weight down behind your back. Twist to the right and pick up the ball or weight, and bring it around to your left and set it down again.. That is 1 Rep. Do 10-15 Reps, which will make one set. Work up to 3 sets.