

Dead Bug | Shoulder Flexion (Ball)

Preparation:

- Lie on back
- Hold ball between hands and knees

Execution:

- Reach overhead with one arm
- Return to start position
- Alternate arms



Hold ball between hands and knees



Reach overhead with one arm

Dead Bug | Shoulder Flexion + Leg Extension (Ball)

Preparation:

- Lie on back
- Hold ball between hands and knees

Execution:

- Reach overhead with one arm
- Lower opposite leg straight to the ground
- Return to start position
- Alternate sides



Hold ball between hands and knees



Reach overhead with arm, lower opposite leg

Bridge - Band at Knees (Band)

Sets: 2 | Reps: 10 | Hold: 3 sec

Preparation:

- Lie flat on your back with your arms across your chest
- Bend knees up so that your feet are flat
- Put a resistive band or belt around your knees

Execution:

- Push your knees out against the belt around your legs
- Lift your hips up in the air to make a bridge
- Lower down in a controlled manner



Start Position



Push knees out, lift hips

Front Plank | Forearms and Feet

Preparation:

- Position yourself on knees and forearms

Execution:

- Make your body flat as a plank from head to feet
- Keep trunk engaged, do not let lower back arch

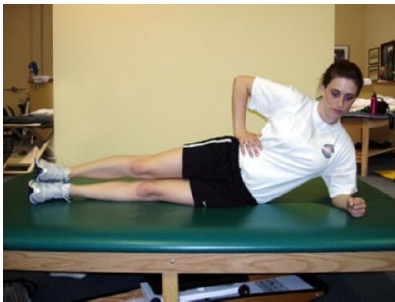


Start on stomach



Plank on forearms and feet

Side Plank-Knees Straight - Hand on Hip



Side lying, knees straight; shoulder, hips, feet in line



Elbow under shoulder, exhale, lift hips in line with trunk



Inhale, slowly lower hips to floor, touch, exhale, repeat.

Anti-Rotational Press (Band, Ball)

Preparation:

- Sit on a ball with good posture
- Have band pulling from the side as shown

Execution:

- Press band away



Start Position



Press band away

Trunk Rotation | Resisted -Tall Kneeling (Band)

Preparation:

- Tall kneeling
- Have band pulling from the side as shown

Execution:

- Press band away
- Rotate trunk against resistance



Arms Straight



Turn trunk

Russian Twist (Ball)

Preparation:

- Assume bridge position on exercise ball as shown
- Hold arms straight out, hands clasped

Execution:

- Rotate arms and shoulders as far to one side as you can, rolling onto the shoulder
- Now rotate arms and shoulders as far to the opposite side, rolling onto the other shoulder
- Repeat



Start position



Nose follows arms



Keep hips up

Overhead Squat + Band at Knees (Band)

Preparation:

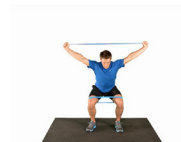
- Stand with good posture, feet shoulder width apart, band at knees
- Hold band in hands overhead

Execution:

- Squat by bending at the hip, pulling out against the band
- Rise up by straightening at the hip



Arms overhead



Squat bending at hip pulling out against the band



Start Position



Squat with good form

Squat + Ball Press (Medicine Ball)

Preparation:

- Stand with good posture, feet are shoulder width apart
- Hold medicine ball at chest as shown

Execution:

- Perform a squat by bending at the hip
- At the bottom of the squat, press ball away
- Rise up by straightening at the hip



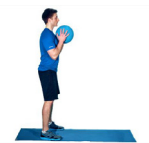
Start Position



Squat - Bend at the hip, back flat



Press ball away



Stand with good posture



Squat with good form



Press ball away

Split Squat + Oblique Twist (Ball)

Preparation:

- Stand in a stride stance
- Hold ball as shown

Execution:

- Lower back knee toward the ground
- Twist to one side
- Now twist to the other
- Maintain core control throughout



Start position



Split squat



Twist to one side



Twist to other



Standing One Legged Chop with Medicine Ball



Stand on one leg, hold medicine ball to outside of down hip.



Extend & diagonally rotate trunk/hip/arms to opposite side.



Keep balance, squeeze ball with diagonal lift. Repeat.