

Core Training



Cat/Camel, arch back, flex neck



extend neck, drop back



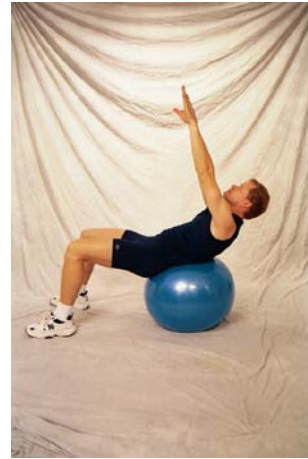
Quadruped, with arm extension



Alternate arm and leg extension



over exercise ball



Sit-up on ball, tuck chin as you reach.



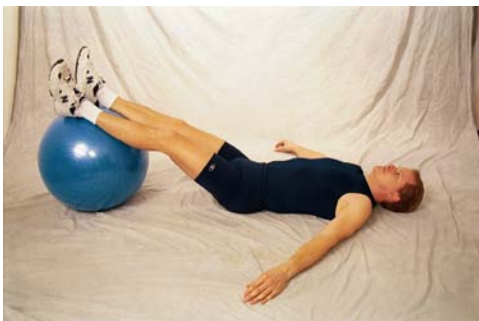
Arm leg lift same side repetitions,



alternating left hand to right knee,



right hand to left knee.



Neutral Pelvis, abdominal brace



to a bridge,



to a hamstring curl.