

Core Strength and Stability



This program is designed to strengthen and condition the large stabilizing muscles of the core. Begin with 10-12 repetitions that can be executed with good form. If you feel unable to maintain your form in your set, lower the level of incline. Perform 1-3 sets at a slow, controlled speed. Take rests as needed. Once you successfully perform more than 12 repetitions, raise the level of incline. Perform this routine 2-3 times per week alternating between workout options #1 and #2.

Workout Option #1

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	56	Pullover with Crunch			
	57	Oblique Pullover Crunch			
	54	Oblique Twister			
	73	Toe Touch Row			
	76	Half Roll Back with Biceps Curl			

Workout Option #2

Date	Card #	Exercise Name	Resistance Level	Reps	Sets
	78	Surfer			
	56	Pullover with Crunch			
	75	Core Extension			
	77	Side Plank			
	5	Incline Push-Up			
	52	Sit-Up			

*Remember to consult a physician prior to beginning this or any exercise program. As you begin your program, take breaks and drink water as needed.

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