

# Core Strength and Stability

**total gym**  
WORKOUT PROGRAM

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
	<b>56</b>	Pullover with Crunch			
	<b>57</b>	Oblique Pullover Crunch			
	<b>54</b>	Oblique Twister			
	<b>73</b>	Toe Touch Row			
	<b>76</b>	Half Roll Back with Biceps Curl			

## Workout Option #2

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