

ISOMETRIC TRUNK STABILIZATION

LEVEL I

I-A. DEAD BUG

- Supported (1 leg on ground)
- Arms overhead
- Marching
 - 2 minutes total



I-B. PARTIAL SIT-UPS

- Forward
- Arms on chest
- Slow reps, hold 10 seconds
 - 1 set x 10 reps (1x10)



I-C. BRIDGING

- Double legs
- Slow reps
 - 2 x 10



I-D. PRONE

- Gluteal squeeze
- Alternate lifting
- 1 arm then 1 leg
- Hold for 10 seconds
 - 1 x 10



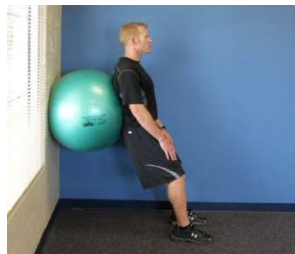
I-E. QUADRUPED

- Alternate lifting
- 1 arm then 1 leg
- Hold for 10 seconds
 - 1 x 10



I-F. WALL SLIDE

- Knees flexed 45 degrees
 - 1 x 10



I-G. BALL

- Balance on ball, then leg press until knees are straight
- Arms overhead or crossed on chest. May place toes against a wall
 - 1 x 10



I-H. AEROBIC – Walking in water or land