

ISOMETRIC TRUNK STABILIZATION

LEVEL II

II-A. DEAD BUG

- Unsupported
- One arm extended at a time
- Then one leg extended at a time
 - 3 minutes total



II-B. PARTIAL SIT-UPS

- Forward
- Arms on chest
 - 3 x 10



II-C. BRIDGING

- Double leg, slow reps
- Weights on hips (5-10 lbs)
 - 2 x 20



II-D. PRONE

- Gluteal squeezes
- Diagonals, lift L arm & R leg
- Hold 10 seconds then repeat on opposite side
 - 2 x 10



II-E. QUADRUPED

- Diagonals, lift L arm & R leg
- Hold 10 seconds then repeat on opposite side
 - 2 x 10



II-F. WALL SLIDE

- Knees at 90 degrees flexion
- Hold 20 seconds
 - 1 x 10



II-G. BALL

- Balance on ball, then leg press until knees are straight, arms overhead or crossed on chest. May place toes on wall. 1 x 10
- Sit-ups forward, arms crossed on chest. 1 x 10



II-H. AEROBIC – Cycle or water run