

# ISOMETRIC TRUNK STABILIZATION

## LEVEL III

### III-A. DEAD BUG

- Unsupported
- Arms overhead with weights
- Alternate leg extensions
  - 7 minutes total



### III-B. PARTIAL SIT-UPS

- 1. Forward 3 x 10
- 2. Right 3 x 10
- 3. Left 3 x 10



### III-C. BRIDGING

- Single leg, hold for 20 seconds, 1 x 20
- Double leg with weights on hips, 1 x 20
- Ball bridge – heels on ball, lift hips so hips and knees are straight, 1 x 20



### III-D. PRONE (ON BALL)

- 1. Flies 1 x 10
- 2. Swims 1 x 10
- 3. Superman 1 x 10



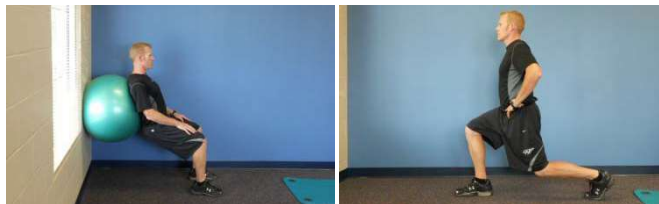
### III-E. QUADRUPED

- Diagonals, lift left arm & right leg, hold 10 seconds, the repeat opposite side
- May use wrist weights, 3 x 20



### III-F. WALL SLIDE

- 1. Knees at 90 degrees flexion, hold 30 seconds, 1 x 10
- 2. Lunges – no weights, 1 x 10



### III-G. BALL (SIT-UPS)

- 1. Forward 1 x 20
- 2. Right 1 x 20
- 3. Left 1 x 20



### III-H. AEROBIC

- Swim, ski machine – 20-30 minutes