

ISOMETRIC TRUNK STABILIZATION

LEVEL IV

IV-A. DEAD BUG

- Unsupported, marching
- Diagonals, L arm & R leg, hold 10 seconds, then repeat opposite side
 - 10 minutes total



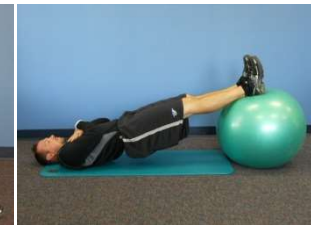
IV-B. PARTIAL SIT-UPS

- 1. Forward 3 x 20
- 2. Right 3 x 20
- 3. Left 3 x 20
 - May use weights on chest



IV-C. BRIDGING (ON BALL)

- 1. Single leg, hold 10 seconds, 1 x 20
- 2. Double leg with weights, 1 x 20
- 3. Heels on ball, 1 x 20



IV-D. PRONE (ON BALL)

- 1. Superman with weights, 1 x 10
- 2. Prayer, 1 x 10



IV-E. QUADRUPED

- Diagonals, lift L arm & R leg
- Hold 10 seconds
- Repeat opposite side
- May use weights on wrists, 2 x 20



IV-F. WALL SLIDES

- 1. Knees at 90 degrees flexion with weights held in hands at arms length, hold for 15 seconds
- 2. Lunges with weights 1 x 10



IV-G. BALL (SIT-UPS)

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



IV-H. AEROBIC

- Stair climber, skip rope - 45 minutes