

# ISOMETRIC TRUNK STABILIZATION

## LEVEL V

### V-A. DEAD BUG

- Unsupported
- Both arms and both legs at 90 degrees flexion then full extension
- Hold 10 seconds
  - 15 minutes total



### V-B. PARTIAL SIT-UPS

- 1. Forward 3 x 30
- 2. Right 3 x 30
- 3. Left 3 x 30
- May use weights held overhead or behind head (5 lbs)



### V-C. BRIDGING – ON BALL

- 1. Single leg, hold 10 seconds, 1 x 20
- 2. Double leg, with weights, hold 10 seconds, 1 x 20
- 3. Heels on ball with both knees flexed at 90 degrees, 1 x 20



### V-D. PRONE

- 1. Superman with weights, 1 x 20
- 2. Flies with weights, 1 x 20
- 3. Swim with weights, 1 x 20



### V-E. QUADRUPED

- Diagonals, lift left arm & right leg, hold 15 seconds, then repeat opposite side
- May use weights on wrists, 3 x 20



### V-F. WALL SLIDE

- 1. Knees at 90 degrees flexion with weights held in hands at arms length, hold 60 seconds, 1 x 10
- 2. Lunges with weights, 1 x 10



### V-G. BALL (SITUPS w/RESISTANCE)

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



### V-H. AEROBICS

- Run 60 minutes