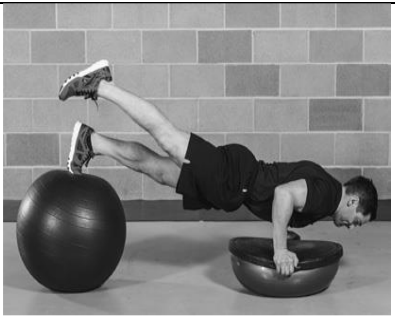


| Core Exercises                                                                      |                                                                                     |                                                                                      |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| back extension                                                                      | two lateral planks                                                                  | prone bridge test                                                                    |
|    |    |    |
| inertial rotational testing                                                         | Functional Star Excursion Balance Test                                              | Functional Star Excursion Balance Test                                               |
|    |    |    |
| Functional Star Excursion Balance Test                                              | forward throws                                                                      | forward throws                                                                       |
|  |  |  |
| backward throw                                                                      | backward throw                                                                      | lateral throws                                                                       |
|  |  |  |

| Core Exercises                                                                      |                                                                                     |                                                                                       |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| lateral throws                                                                      | leaning back into a supine position                                                 | moving the body upward with arms extended overhead                                    |
|    |   |    |
| Push-ups of increasing complexity and instability                                   | Push-ups of increasing complexity and instability                                   | Push-ups of increasing complexity and instability                                     |
|   |  |   |
| Push-ups of increasing complexity and instability                                   | shoulder fly                                                                        | Bicycle Crunch                                                                        |
|  |  |  |

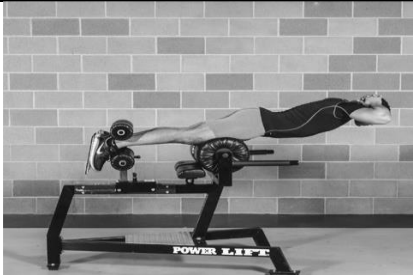
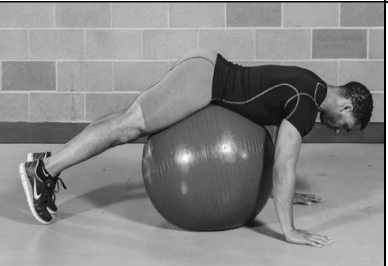
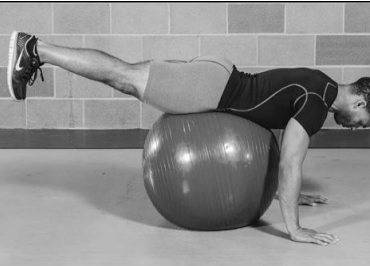
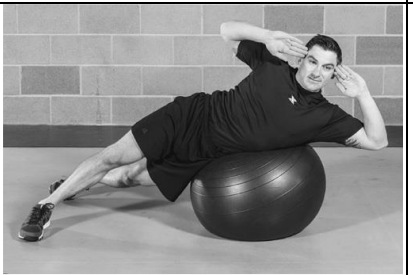
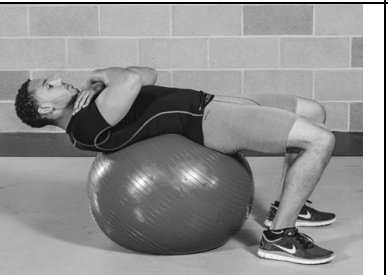
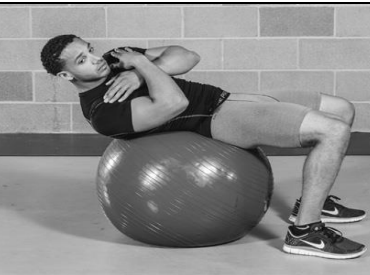
| Core Exercises                                                                      |                                                                                      |                                                                                       |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Bicycle Crunch                                                                      | Reverse Crunch                                                                       | Reverse Crunch                                                                        |
|    |    |    |
| Reverse Crunch(To increase intensity, place hands behind the head or overhead)      | Bird Dog                                                                             | Bird Dog                                                                              |
|   |   |   |
| Reverse Pendulum                                                                    | Reverse Pendulum                                                                     | Reverse Pendulum Medicine Ball Twister                                                |
|  |  |  |
| Reverse Pendulum Medicine Ball Twister                                              | Prone Plank                                                                          | Prone Plank                                                                           |



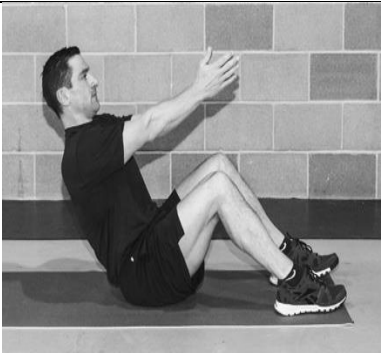
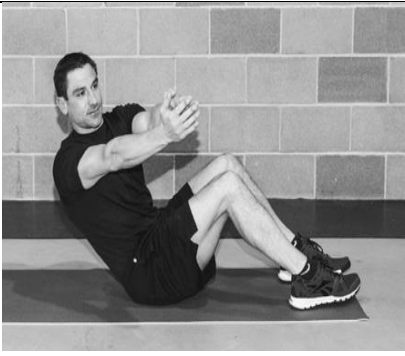
## Core Exercises

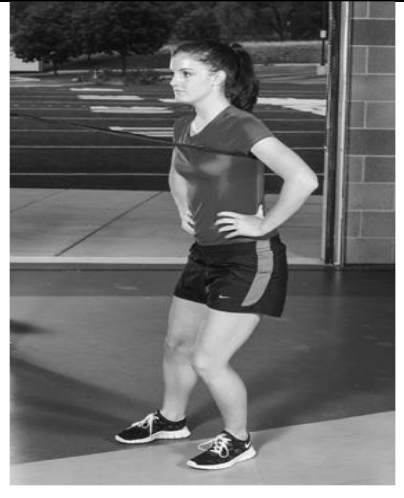
|                                                                                     |                                                                                      |                                                                                       |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Prone Plank With Hip Extension                                                      | Stability Ball Plank to Pike-Up                                                      | Stability Ball Plank to Pike-Up                                                       |
|    |    |    |
| Side Bridge                                                                         | Side Bridge                                                                          | Modified Side Bridge (Forearm Bridge)                                                 |
|  |  |  |
| Press-Up                                                                            | Press-Up                                                                             | Glute-Ham Raise                                                                       |
|  |  |  |
| Glute-Ham Raise                                                                     | Stability Ball Hyperextension                                                        | Stability Ball Hyperextension                                                         |



|                                                                                     |                                                                                      |                                                                                       |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|    |    |    |
| <b>Core Exercises</b>                                                               |                                                                                      |                                                                                       |
| <b>Stability Ball Hyperextension With Twist</b>                                     | <b>Stability Ball Reverse Hyperextension</b>                                         | <b>Stability Ball Reverse Hyperextension</b>                                          |
|    |    |    |
| <b>Stability Ball Crunch</b>                                                        | <b>Stability Ball Crunch</b>                                                         | <b>Stability Ball Side Crunch</b>                                                     |
|  |  |  |
| <b>Stability Ball Side Crunch</b>                                                   | <b>Stability Ball Rotating Crunch</b>                                                | <b>Stability Ball Rotating Crunch</b>                                                 |
|  |  |  |
| <b>Stability Ball Supine Bridge</b>                                                 | <b>Stability Ball Supine Bridge</b>                                                  | <b>Stability Ball Supine Bridge With Leg Curl</b>                                     |



| Core Exercises                                                                      |                                                                                      |                                                                                       |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Russian Twist                                                                       | Russian Twist                                                                        | Dumbbell Side Bend                                                                    |
|   |   |   |
| Dumbbell Side Bend                                                                  | Barbell Rollout                                                                      | Barbell Rollout                                                                       |
|  |  |  |
| Resistance Band Forward, Backward, or Sideward Walkout                              | Resistance Band Forward, Backward, or Sideward Walkout                               | Resistance Band Walkout With Hold                                                     |



## Core Exercises

**Cable Kneeling Rope Crunch**



**Cable Kneeling Rope Crunch**



**Cable Kneeling Twisting Rope Crunch**

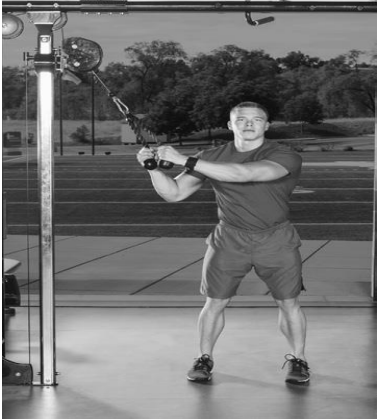


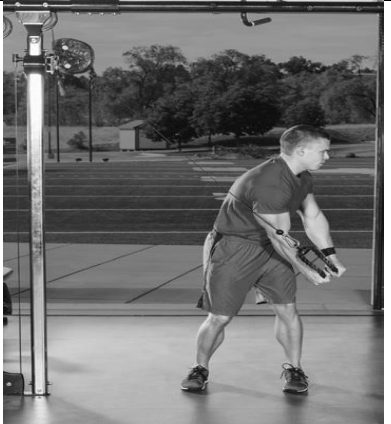
**Cable Kneeling Twisting Rope Crunch**

**Cable Side Bend**

**Cable Side Bend**



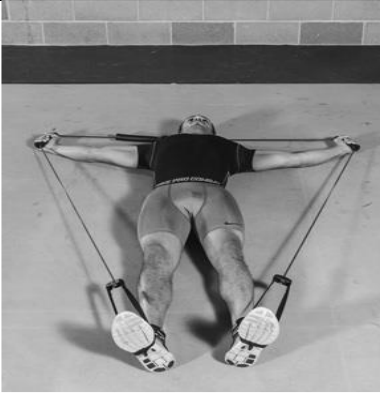
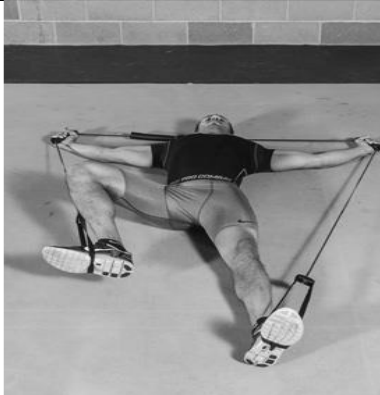
|                                                                                    |                                                                                     |                                                                                      |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
|   |   |   |
| <b>Cable Low/High Woodchop</b>                                                     | <b>Cable Low/High Woodchop</b>                                                      | <b>Cable High/Low Woodchop</b>                                                       |
|  |  |  |

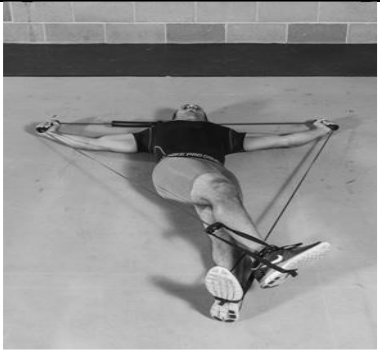
| <b>Core Exercises</b>                                                               |                                                                                      |                                                                                       |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <b>Cable High/Low Woodchop</b>                                                      | <b>Cable Torso Rotation</b>                                                          | <b>Cable Torso Rotation</b>                                                           |
|  |  |  |



|                                                                                    |                                                                                     |                                                                                      |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| Side Double-Leg Lift                                                               | Side Double-Leg Lift                                                                | Diagonal Plate Chop                                                                  |
|   |   |   |
| Diagonal Plate Chop                                                                | Diagonal Medicine Ball Chop                                                         | Woodchop Complex                                                                     |
|  |  |  |

| Core Exercises                                                                      |                                                                                     |                                                                                       |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Woodchop Complex                                                                    | Woodchop Complex                                                                    | Woodchop Complex                                                                      |
|  |  |  |

|                                                                                    |                                                                                    |                                                                                      |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| Flutter Kick                                                                       | Flutter Kick                                                                       | Trunk Rotation                                                                       |
|   |   |   |
| Trunk Rotation                                                                     | Starfish With Resistance Bands                                                     | Starfish With Resistance Bands                                                       |
|  |  |  |

| Core Exercises                                                                      |                                                                                     |                                                                                       |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Starfish With Resistance Bands                                                      | Open-Book Rib Cage                                                                  | Open-Book Rib Cage                                                                    |
|  |  |  |

|                                                                                    |                                                                                    |                                                                                      |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| Swimmer                                                                            | Swimmer                                                                            | Hanging Knee Raise                                                                   |
|   |   |   |
| Hanging Knee Raise                                                                 | Hanging Straight-Leg Raise                                                         | Hanging Knee Raise                                                                   |
|  |  |  |

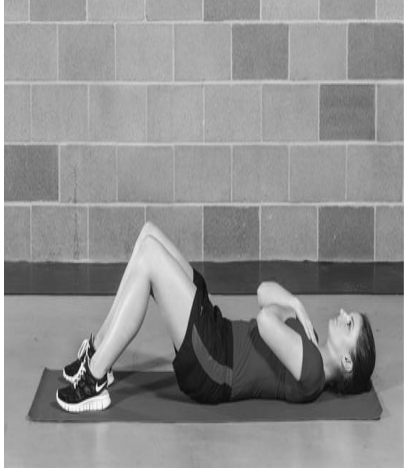
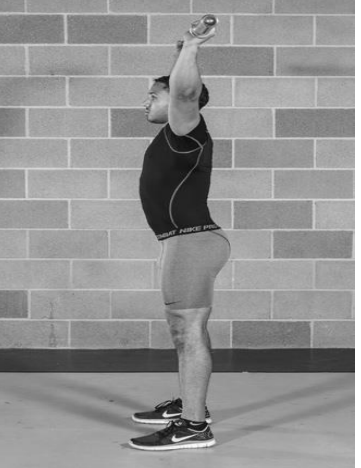
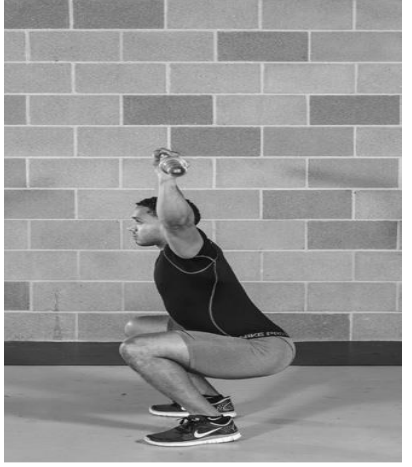
| Core Exercises     |                     |                     |
|--------------------|---------------------|---------------------|
| Hanging Knee Raise | Three-Point Samurai | Three-Point Samurai |

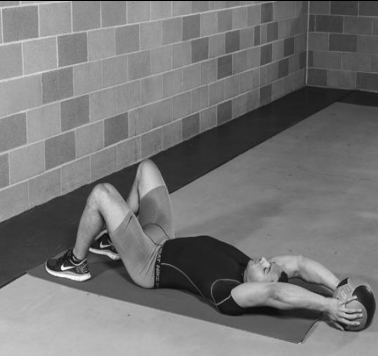
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|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
|    |    |    |
| <b>Scissor Flutter Kick</b>                                                         | <b>Scissor Flutter Kick</b>                                                         | <b>Plate V-Up</b>                                                                    |
|   |   |   |
| <b>Plate V-Up</b>                                                                   | <b>Superman</b>                                                                     | <b>Superman</b>                                                                      |
|  |  |  |
| <b>Core Exercises</b>                                                               |                                                                                     |                                                                                      |
| <b>Jackknife</b>                                                                    | <b>Jackknife</b>                                                                    | <b>Leg Lower</b>                                                                     |



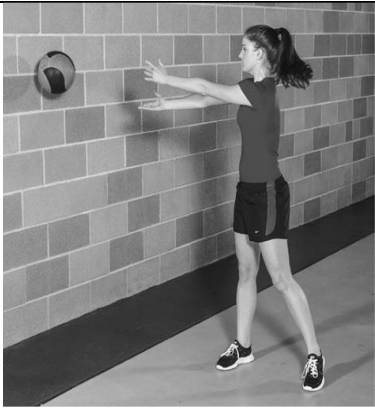
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|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|    |    |    |
| <b>Leg Lower</b>                                                                    | <b>working one leg at a time or<br/>both legs at once</b>                            | <b>Figure 8</b>                                                                       |
|   |   |   |
| <b>Figure 8</b>                                                                     | <b>Dead Bug</b>                                                                      | <b>Dead Bug</b>                                                                       |
|  |  |  |

| <b>Core Exercises</b>                |                                      |                              |
|--------------------------------------|--------------------------------------|------------------------------|
| <b>Back Extension/Hyperextension</b> | <b>Back Extension/Hyperextension</b> | <b>Static Back Extension</b> |

|                                                                                     |                                                                                      |                                                                                       |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|    |    |    |
| <p>Sit-Up</p>                                                                       | <p>Sit-Up</p>                                                                        | <p>Overhead Squat</p>                                                                 |
|   |   |   |
| <p>Overhead Squat</p>                                                               | <p>Overhead Split Squat</p>                                                          | <p>Overhead Split Squat</p>                                                           |
|  |  |  |
| <p>Core Exercises</p>                                                               |                                                                                      |                                                                                       |
| <p>Medicine Ball Underhand Throw</p>                                                | <p>Medicine Ball Underhand Throw</p>                                                 | <p>Medicine Ball Counter movement</p>                                                 |

|                                                                                     |                                                                                      |                                                                                       |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|                                                                                     |                                                                                      | <b>Underhand Throw</b>                                                                |
|    |    |    |
| <b>Medicine Ball Countermovement Underhand Throw</b>                                | <b>Medicine Ball Countermovement Underhand Throw</b>                                 | <b>Medicine Ball Backward Overhead Toss</b>                                           |
|   |   |   |
| <b>Medicine Ball Backward Overhead Toss</b>                                         | <b>Medicine Ball Pullover Pass</b>                                                   | <b>Medicine Ball Pullover Pass</b>                                                    |
|  |  |  |
| <b>Core Exercises</b>                                                               |                                                                                      |                                                                                       |



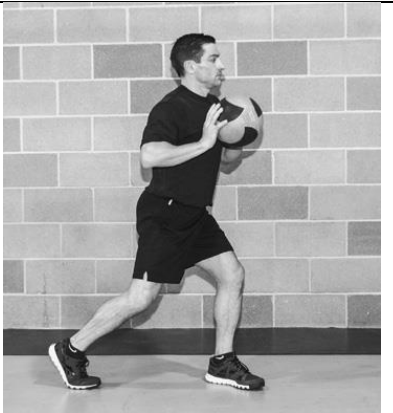
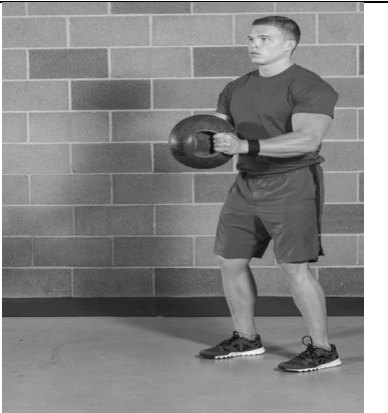
|                                                                                    |                                                                                     |                                                                                      |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| Medicine Ball Rotational Throw                                                     | Medicine Ball Rotational Throw                                                      | Medicine Ball Rotational Throw                                                       |
|   |   |   |
| Medicine Ball Countermovement Underhand Throw                                      | Medicine Ball Countermovement Underhand Throw                                       | Medicine Ball Countermovement Underhand Throw                                        |
|  |  |  |

## Core Exercises



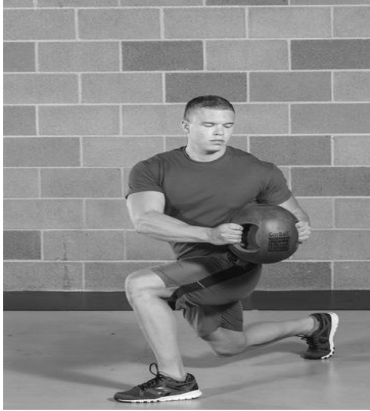
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|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>Medicine Ball Backward Overhead Toss</b>                                        | <b>Medicine Ball Backward Overhead Toss</b>                                        | <b>Medicine Ball Pullover Pass</b>                                                  |
|   |   |   |
| <b>Medicine Ball Pullover Pass</b>                                                 | <b>Medicine Ball Rotational Throw</b>                                              | <b>Medicine Ball Rotational Throw</b>                                               |
|  |  |  |

## Core Exercises

|                                                                                     |                                                                                      |                                                                                       |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <b>Medicine Ball Rotational Throw</b>                                               | <b>Medicine Ball Rotational Throw</b>                                                | <b>Medicine Ball Rotational Throw</b>                                                 |
|    |    |    |
| <b>Medicine Ball Rotational Throw</b>                                               | <b>Medicine Ball Rotational Throw</b>                                                | <b>Medicine Ball One-Arm Push</b>                                                     |
|   |   |   |
| <b>Medicine Ball One-Arm Push</b>                                                   | <b>Medicine Ball One-Arm Push</b>                                                    | <b>Medicine Ball Walking Lunge With Rotation</b>                                      |
|  |  |  |

## Core Exercises

**Medicine Ball Walking Lunge  
With Rotation**



**Medicine Ball Overhead Throw**



**Medicine Ball Overhead Throw**



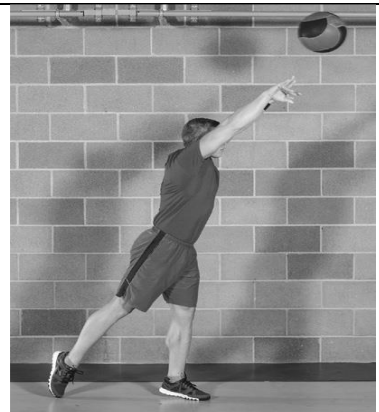
**Medicine Ball Crossover Step  
Throw**



**Medicine Ball Crossover Step  
Throw**



**Medicine Ball Crossover  
Step Throw**



**Medicine Ball Seated Chest  
Pass**



**Medicine Ball Seated Chest  
Pass**



**Medicine Ball Seated Twist**

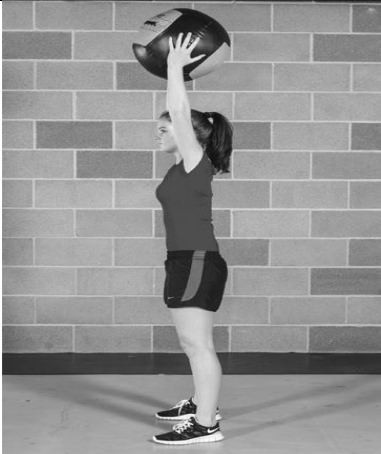
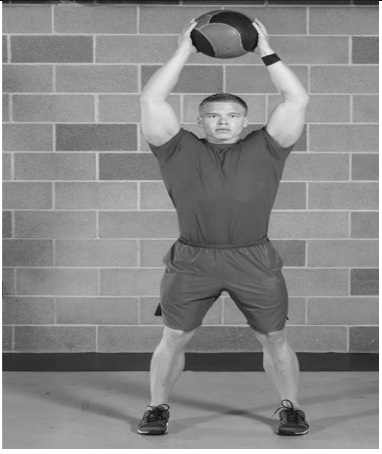




| Core Exercises                                                                               |                                                                                     |                                                                                       |
|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Medicine Ball Seated Twist                                                                   | Side-to-Side Twist                                                                  | Side-to-Side Twist                                                                    |
|             |    |    |
| Add resistance by holding a medicine ball in your outstretched arms as you flex to each side | Medicine Ball Seated Figure 8                                                       | Medicine Ball Seated Figure 8                                                         |
|            |  |   |
| Medicine Ball Seated Figure 8                                                                | Medicine Ball Seated Figure 8                                                       | Medicine Ball Seated Trunk Rotation                                                   |
|           |  |  |



| Core Exercises                                                                      |                                                                                      |                                                                                       |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Medicine Ball Seated Trunk Rotation                                                 | Medicine Ball Lunge Figure 8                                                         | Medicine Ball Lunge Figure 8                                                          |
|    |    |    |
| Medicine Ball Lunge Figure 8 Throw                                                  | Medicine Ball Standing Figure 8                                                      | Medicine Ball Standing Figure 8                                                       |
|   |   |   |
| Medicine Ball Standing Figure 8                                                     | Medicine Ball Standing Figure 8                                                      | Medicine Ball Partner Speed Rotation                                                  |
|  |  |  |

| Core Exercises                                                                      |                                                                                     |                                                                                       |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Medicine Ball Partner Speed Rotation                                                | Medicine Ball Twisting Wall Toss                                                    | Medicine Ball Twisting Wall Toss                                                      |
|    |    |    |
| Medicine Ball Slam                                                                  | Medicine Ball Slam                                                                  | Medicine Ball Rotational Slam                                                         |
|   |   |   |
| Medicine Ball Rotational Slam                                                       | Angled Barbell Rotation                                                             | Angled Barbell Rotation                                                               |
|  |  |  |

| Core Exercises                                                                      |                                                                                      |                                                                                       |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Angled Barbell Deadlift to Press                                                    | Angled Barbell Deadlift to Press                                                     | Suspended Backward Row                                                                |
|    |    |    |
| Suspended Backward Row                                                              | Bully                                                                                | Bully                                                                                 |
|   |   |   |
| Slide-Board Thrust                                                                  | Slide-Board Thrust                                                                   | Slide-Board Mountain Climber                                                          |
|  |  |  |

| Core Exercises                                                                    |  |  |
|-----------------------------------------------------------------------------------|--|--|
| Slide-Board Mountain Climber                                                      |  |  |
|  |  |  |