

Core (bands)



Exercise Description:

Diagonal Woodchops

Classification:

Core (bands)

Instructions:

Starting Position: Start with your arms extended holding the cable handle down and to your left..

1. Bring cable handle up and away in a wood chopping motion.
2. During this motion your feet stay stationary and you rotate at your trunk. Repeat this motion for the desired repetitions and then repeat in the opposite direction.

Side Twists



Exercise Description:

Side Twists

Classification:

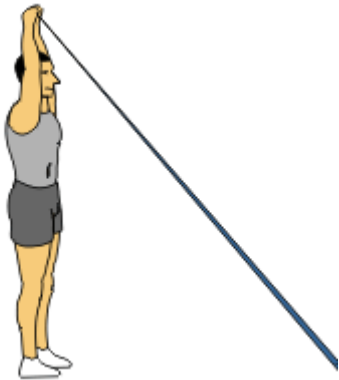
Core (bands)

Instructions:

- 1) Position pulley at approximately chest height.
- 2) Stand with your right side towards pulley. Position feet shoulder width apart with knees slightly bent.
- 3) Start position: Grasp handle with right hand first followed by left hand on top of right hand. Extend arms forward at shoulder level. Hips and shoulders should be squared.
- 4) Rotate hips and trunk to the left approximately 65° (or slightly past midway between the hip and naval).
- 5) Return to start position. Switch sides after prescribed number of reps.

6) Remember to rotate shoulders and hips and not just the arms. To ensure this movement, let head follow arms during rotation.

High Pull with Band



Exercise Description:

High Pull with Band

Classification:

Core (bands)

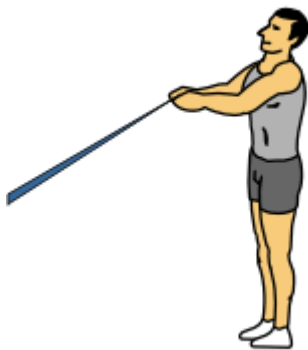
Instructions:

Starting Position: Face the cable with your hands outstretched and hanging on to the cable handle in a low position.

Keeping the arms straight stand up using your low back and raise your arms above your head.

Return to the starting position and repeat.

Standing Rotations



Exercise Description:

Standing Rotations

Classification:

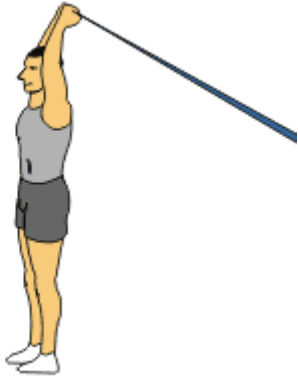
Core (bands)

Instructions:

1. Position pulley at approximately chest height.
2. Stand with your right side towards pulley. Position feet shoulder width apart with knees slightly bent.
3. Start position: Grasp handle with right hand first followed by left hand on top of right hand. Extend arms forward at shoulder level. Hips and shoulders should be squared.
4. Rotate hips approximately 65° (or slightly past midway between the hip and naval).
5. Return to start position. Switch sides after prescribed number of reps.

6. Remember to rotate shoulders and hips and not just the arms. To ensure this movement, let head follow arms during rotation.

Standing Bungee Crunch



Exercise Description:

Standing Bungee Crunch

Classification:

Core (bands)

Instructions:

Stand with a bungee cord up overhead and hanging on to it with your hands.

Crunch forward using your abs and then return to the starting position.

Lying Crunch with Band



Exercise Description:

Lying Crunch with Band

Classification:

Core (bands)

Instructions:

- 1) Secure door strap approximately waist height (or 2-3 feet up from level of bench).
- 2) Start position: Lie back onto floor or bench with knees bent, both hands behind head. Grasp handles and keep elbows out of site behind you. Head should be in a neutral position with a space between chin and chest.
- 3) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench.
- 4) Return to start position.
- 5) Remember to keep head and back in a neutral position. Hyperextension or flexion may cause injury. To increase resistance, move away from tubing attachment point.

Reverse Crunch (w/ disc and band)



Exercise Description:

Reverse Crunch (w/ disc and band)

Classification:

Core (bands)

Instructions:

- 1) Start position: Lie with back on floor with lower back on a balance disc and hips and knees flexed at 90°. Wrap tubing around ankles. Position arms at sides with palms down on floor.
 - 2) Leading with the knees towards the ceiling, raise glutes (butt) off floor.
 - 3) Return to start position.
 - 4) Remember keep legs from swinging to prevent momentum throughout the exercise
- Rollover with Bands



Exercise Description:

Rollover with Bands

Classification:

Core (bands)

Instructions:

- 1) Start position: Lie with back on floor or bench with hips flexed at 90° and feet in air with tubing secured to your ankles. Your arms should be holding the opposite end of the tubing.
 - 2) Keeping legs straight lower your legs towards the floor and then bring them up towards your head. You will have to lift your glutes and lower back off the floor to accomplish this.
 - 3) Return to start position.
 - 4) Remember keep legs from swinging to prevent momentum throughout the exercise
- Hip Flexor thrust



Exercise Description:

Hip Flexor thrust

Classification:

Core (bands)

Instructions:

1. Stand with feet hip width apart and place a band around the ankle. The band should be fixed to an object at the other end.
2. Raise the leg that has the band forward and hip. Think of driving your knee out and then up towards the ceiling.
3. Tighten your core and maintain balance when performing this exercise.
4. Return to the starting position and repeat. Perform with the other leg.

Hip Circles with fit ban



Exercise Description:

Hip Circles with fit ban

Classification:

Core (bands)

Instructions:

1. Sit on the floor and place fit band around your ankles.
2. Raise your legs off the floor and keeping them together rotate them around in a circular motion.
3. Repeat for the prescribed number of repetitions.

Lateral flexion with bands and med ball

**Exercise Description:**

Lateral flexion with bands and med ball

Classification:

Core (bands)

Instructions:

1. Start by laying across a medicine ball so that the ball is placed under your hip.
2. Grasp tubing that is attached to a fixed object and hold above your head. Laterally flex your body and raise your upper body up towards the ceiling. Keep your body parallel the entire time.
3. Repeat for the prescribed repetitions and then repeat with the other side.

Corkscrew with fitband

**Exercise Description:**

Corkscrew with fitband

Classification:

Core (bands)

Instructions:

1. Lie on your back with your hips bent at 90 degrees and your feet facing the ceiling. Wrap the band around your feet and hold with both hands.
2. Shift your feet and legs to the right until you are unable to hold them without rotating your hips. Now bring them back up and repeat to the other side.
3. Finish by bringing your legs up towards your head.
4. Return to the starting position and repeat. Keep your core tight and control your legs by using your abs and not momentum.

Oblique Crunch with fitband



Exercise Description:

Oblique Crunch with fitband

Classification:

Core (bands)

Instructions:

- 1) Lie with back on floor or bench with knees bent.
- 2) Start position: Hold bands from behind over your head.
- 3) Leading with the chin and right shoulder, contract abdominal muscles and raise right shoulder off floor or bench towards left knee.
- 4) Return to start position and repeat to the other side.
- 5) Remember to keep head and neck in neutral position throughout movement. Do not twist excessively - elbow does not need to touch knee

Reverse Crunch with disc and bands



Exercise Description:

Reverse Crunch with disc and bands

Classification:

Core (bands)

Instructions:

- 1) Start position: Lie with back on floor with hips flexed at 90° and feet in air. Place a balance disc under your hips and wrap a band around your feet. Secure the band to a fixed object.
 - 2) Leading with the heels towards the ceiling, raise glutes (butt) off floor.
 - 3) Return to start position.
 - 4) Remember keep legs from swinging to prevent momentum throughout the exercise.
- Reverse Crunch with fit band



Exercise Description:

Reverse Crunch with fit band

Classification:

Core (bands)

Instructions:

- 1) Start position: Lie with back on floor with hips flexed at 90° and feet in air. Wrap a band around your feet and secure the band to a fixed object.
 - 2) Leading with the heels towards the ceiling, raise glutes (butt) off floor.
 - 3) Return to start position.
 - 4) Remember keep legs from swinging to prevent momentum throughout the exercise.
- Reverse Wood Chop with bands or cable



Exercise Description:

Reverse Wood Chop with bands or cable

Classification:

Core (bands)

Instructions:

1. Start by standing parallel to the band or cable.
2. Hang onto the handle in front of your body. Keeping your arms semi straight rotate your body out and away from the band.
3. Keep your feet planted and twist from your trunk or core. Remember to keep your arms semi straight throughout the movement.
4. Return to the starting point and repeat according to the required repetitions.
5. Repeat with the other side.

Wood Chop with band or cable



Exercise Description:

Wood Chop with band or cable

Classification:

Core (bands)

Instructions:

1. Start by standing parallel to the band or cable.
2. Hang onto the handle in front of your body but up above your head and over the shoulder. Keeping your arms semi straight rotate your body down and away from the band.
3. Keep your feet planted and twist from your trunk or core. Remember to keep your arms semi straight throughout the movement.
4. Return to the starting point and repeat according to the required repetitions.
5. Repeat with the other side.

Corkscrew with band



Exercise Description:

Corkscrew with band

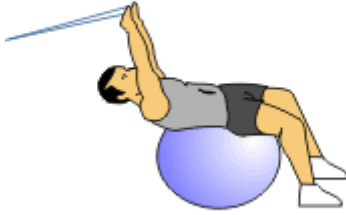
Classification:

Core (bands)

Instructions:

1. Lie on your back with your legs perpendicular to the floor.
2. Wrap a band around your feet and hold with your hands near your chest.
3. Rotate your hips in a corkscrew fashion and return to the starting position. Attempt to raise your hips up off the ground in a controlled manner.
4. Repeat according to the prescribed repetitions.

Ball Crunch with band



Exercise Description:

Ball Crunch with band

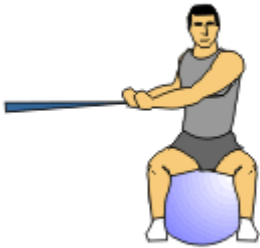
Classification:

Core (bands)

Instructions:

1. Start by lying on top of the ball with the small of your back towards the top of the ball.
2. Place the stability ball in such a position so that the band is behind your head to start the movement. Crunch up and keep your hands and the band behind your head.
3. Return to the starting position and repeat for the desired repetitions.

Reverse Wood Chop on ball



Exercise Description:

Reverse Wood Chop on ball

Classification:

Core (bands)

Instructions:

1. Start by sitting on a ball and reaching down and grabbing your band.
2. Keeping your arms straight rotate your body and raise your arms up towards the opposite shoulder.
3. Return to the starting position and repeat for the desired repetitions. Complete same movement with the other side.

