

## Core (disc)

### Bicycle on Bosu



#### **Exercise Description:**

Bicycle on Bosu

#### **Classification:**

Core (disc)

#### **Instructions:**

1. Lie on your back with the small of your back on the BOSU ball.
  2. Both legs should start facing up towards the ceiling.
  3. Perform a bicycle type cycling motion with both legs and return to the starting position.
  4. Continuously repeat the motion for the prescribed number of repetitions.
- Reverse Crunch (w/ disc and band)



#### **Exercise Description:**

Reverse Crunch (w/ disc and band)

#### **Classification:**

Core (disc)

#### **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 Disc



### **Exercise Description:**

Rollover with Disc

### **Classification:**

Core (disc)

### **Instructions:**

- 1) Start position: Lie with back on floor or bench with hips flexed at 90° and feet in air. Place a balance disc under your lower back. Position arms at sides with palms down on floor.
  - 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
- Rollup on Disc



### **Exercise Description:**

Rollup on Disc

### **Classification:**

Core (disc)

### **Instructions:**

- 1) Start position: Lie back onto floor or bench with knees bent and hands at your side. Head should be in a neutral position with a space between chin and chest. Place a balance disc beneath your lower back.
- 2) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor. Crunch up to a sitting position and reach for toes.
- 3) Return to start position.

4) Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

#### Single Leg Chest Throw on Disc



#### **Exercise Description:**

Single Leg Chest Throw on Disc

#### **Classification:**

Core (disc)

#### **Instructions:**

1. Starting position: Stand on a balance disc using one leg.
2. Take a medicine ball and while holding it at chest level press it towards a wall.
3. Catch the medicine ball and repeat chest pressing the ball towards the wall.
4. Maintain a tight core and balance throughout exercise. Repeat according to prescribed repetitions and then repeat with other leg.

#### Corkscrew with balance disc



#### **Exercise Description:**

Corkscrew with balance disc

#### **Classification:**

Core (disc)

#### **Instructions:**

1. Place balance disc under your lower back and hips.
2. Place your legs perpendicular to the floor.
3. In a continuous motion twist your legs to the right and then bring them back up towards your shoulders. Finally twist your legs towards the left.
4. Repeat this sequence until the desired repetitions are met.

Crunch on disc with fit band



**Exercise Description:**

Crunch on disc with fit band

**Classification:**

Core (disc)

**Instructions:**

1. Place a balance disc under your lower back and hold the fit band from behind your head.
2. While holding the band perform a crunch and return to the starting position.
3. Repeat for prescribed repetitions.

Crunch with disc and tubing



**Exercise Description:**

Crunch with disc and tubing

**Classification:**

Core (disc)

**Instructions:**

1. Place a balance disc under your lower back and hold the tubing from behind your head.
2. While holding the band perform a crunch and return to the starting position.
3. Repeat for prescribed repetitions.

Dynamic core stance on discs



**Exercise Description:**

Dynamic core stance on discs

**Classification:**

Core (disc)

**Instructions:**

1. Start by placing your right hand on a disc and your left knee on a disc.
2. Keeping your back flat raise your left hand and right knee off the ground.
3. Bring the elbow and knee toward the center of your body and then extend them straight out so that they are parallel with your body.
4. Return to the starting position and maintain your balance. Repeat for the required repetitions and then repeat with the other leg and arm.

Four point opp arm leg raise



**Exercise Description:**

Four point opp arm leg raise

**Classification:**

Core (disc)

**Instructions:**

1. Start by placing both hands and knees on top of a stability ball.
2. Once you are balanced then raise your left arm and right leg until they are parallel with your body.
3. Maintain that balanced position for the prescribed time. Keep your back flat and level. Return to just a 90 degree bend at the elbow and knee and touch the ground. Complete for prescribed repetitions. Repeat with the other leg and arm.

## Lateral flexion on balance disc



### **Exercise Description:**

Lateral flexion on balance disc

### **Classification:**

Core (disc)

### **Instructions:**

1. Lie on your side with a balance disc under your hip.
2. Laterally flex your body so that you raise your upper body off the floor. You will only raise up a couple of inches.
3. Return to the starting position and repeat. Perform with other side.

Med ball chest pass with balance disc



### **Exercise Description:**

Med ball chest pass with balance disc

### **Classification:**

Core (disc)

### **Instructions:**

1. Stand on a balance disc with a shoulder width stance.
2. Holding a medicine ball at chest level pass it to another partner or against a solid wall.
3. Return to the starting position and repeat.
4. Maintain your balance on the disc by keeping your core tight throughout the movement.

## Reverse Crunch with disc and bands



### **Exercise Description:**

Reverse Crunch with disc and bands

### **Classification:**

Core (disc)

### **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

## Seated Balance on BOSU ball



### **Exercise Description:**

Seated Balance on BOSU ball

### **Classification:**

Core (disc)

### **Instructions:**

1. Start by sitting on a BOSU ball or balance board and balance disc.
2. Raise your hands up off the ground and then your legs until you are balancing.
3. Keep your abs tight to maintain your balance.
4. Hold for the prescribed time and then repeat.

