

Core (free weight)

Barbell Back Extension



Exercise Description:

Barbell Back Extension

Classification:

Core (free weight)

Instructions:

- 1) Position body face down on apparatus placing hips and ankles on respective pads.
- 2) Place hips (and not stomach) on pad. Place lower leg or achilles tendon area on pad. Have partner place barbell on your shoulders.
- 3) Start position: Back should be parallel to ground with knees slightly bent.
- 4) Lower body until legs and hip are approximately at 90°.
- 5) Return to start position.
- 6) To increase resistance, place arms behind head -> arms extended overhead -> holding weight plate or weighted object across chest.

Bent Knee Barbell Goodmorning



Exercise Description:

Bent Knee Barbell Goodmorning

Classification:

Core (free weight)

Instructions:

- 1) Stand with feet shoulder width apart with knees slightly bent (at 20°).
- 2) Start position: Grasp bar with overhand grip shoulder width apart. Back should be straight in a neutral position.
- 3) Bending at the hips, lower bar to approximately knee height. Keep knees bent at 20°

throughout movement.

4) Return to start position.

5) Remember to keep back straight - movement should occur at the hip. To facilitate this, shift glutes back as if ready to sit down. Knees should not move forward beyond the toes.

Bicycle Crunch



Exercise Description:

Bicycle Crunch

Classification:

Core (free weight)

Instructions:

1) Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.

2) Start position: Place hands behind head. Straighten right leg.

3) Leading with the chin and chest towards the ceiling, contract the abdominals and raise shoulders off floor or bench. During the crunch, bring right knee towards chest.

4) Return to start position and repeat with the left leg.

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

DB Side Bend



Exercise Description:

DB Side Bend

Classification:

Core (free weight)

Instructions:

Starting Position: Stand with your feet about shoulder width apart.
Hold a DB in each hand.
Laterally bend your torso to the side and then repeat to the other side.
Return to starting position.
Weighted Back Extension



Exercise Description:

Weighted Back Extension

Classification:

Core (free weight)

Instructions:

- 1) Position body face down on apparatus placing hips and ankles on respective pads.
- 2) Place hips (and not stomach) on pad. Place lower leg or achilles tendon area on pad. Place a weight plate behind neck and hold with your hands.
- 3) Start position: Back should be parallel to ground with knees slightly bent.
- 4) Lower body until legs and hip are approximately at 90°.
- 5) Return to start position.
- 6) To increase resistance, place arms behind head, arms extended overhead, holding weight plate or weighted object across chest.

Weighted Crunch



Exercise Description:

Weighted Crunch

Classification:

Core (free weight)

Instructions:

- 1) Start position: Lie back onto floor or bench with knees bent and hands on your chest. Hold a weight plate on your chest. Head should be in a neutral position with a space between chin and chest.

- 2) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench.
 - 3) Return to start position.
 - 4) Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.
- Weighted Incline Crunch



Exercise Description:

Weighted Incline Crunch

Classification:

Core (free weight)

Instructions:

1. Start position: Lie back onto an incline bench with knees bent and hands on your chest. You can place the bench at various angles. Hold a weight plate on your chest. Head should be in a neutral position with a space between chin and chest.
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench.
3. Return to start position.
4. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Glute-Ham Raise (w/ plate)



Exercise Description:

Glute-Ham Raise (w/ plate)

Classification:

Core (free weight)

Instructions:

1. Position body face down on apparatus placing hips and ankles on respective pads.
2. Place hips (and not stomach) on pad. Place lower leg or achilles tendon area on pad.

Cross arms and place on chest holding a weight plate.

3. Start position: Back should be parallel to ground with knees slightly bent.

4. Raise your body using your hamstrings until your upper body is vertical.

5. Return to start position.

Core (free weight)



Exercise Description:

Weighted Russian Twist

Classification:

Core (free weight)

Instructions:

1. Roll out onto ball in a supine position. The ball should be on your upper back.
2. Keeping your hips and body parallel to the floor (no sagging of the hips) rotate your shoulders to the right holding a dumbbell with your arms extended.
3. Remember to keep your trunk parallel with the floor.
4. Now rotate towards your left and repeat back and forth until the desired number of repetitions is met. The ball should pretty much stay in one place. Keep your body in a straight line and parallel with the floor. No sagging of the hips.

Dumbbell Squat and Rotational Swings



Exercise Description:

Dumbbell Squat and Rotational Swings

Classification:

Core (free weight)

Instructions:

1. Start position: Holding a dumbbell in each hand start in squatted position with dumbbells between legs.
2. Start movement by standing up and keeping arms straight rotate shoulders and trunk towards the left.

3. Return to the starting position and repeat to the other side.
4. Repeat for the prescribed number of repetitions.

Standing Alternating Bent Over Row



Exercise Description:

Standing Alternating Bent Over Row

Classification:

Core (free weight)

Instructions:

1. Start by holding a dumbbell in each hand at waist level.
2. Bend forward keeping your back flat until you reach a 45 degree angle.
3. Pull one dumbbell up towards your waist and then repeat with the other dumbbell.
4. Continue according to the prescribed number of repetitions.

Standing Torso Twist



Exercise Description:

Standing Torso Twist

Classification:

Core (free weight)

Instructions:

1. Stand with and shoulder width stance. Hold a dumbbell with both hands out in front of your body.
2. While holding the dumbbell rotate your trunk to the left maintaining the dumbbell position. Repeat to the other side.
3. Repeat for prescribed number of repetitions.

1-Arm Rollout on the ball



Exercise Description:

1-Arm Rollout on the ball

Classification:

Core (free weight)

Instructions:

1. Start by kneeling on the ground and placing one arm on top of the ball.
2. Keeping your abs tight and body parallel roll the ball forward letting your body roll forward with it.
3. Reach a point where it is hard to maintain stability and then using just your arm bring the ball in towards your body.
4. This is a great ab exercise but remember to keep your hips parallel with your body the entire time and just use your arm to move the ball forward and backwards.

1-Arm Raise Level 2 on Ball



Exercise Description:

1-Arm Raise Level 2 on Ball

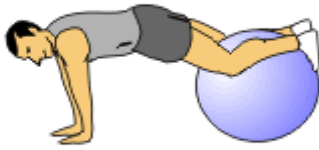
Classification:

Core (free weight)

Instructions:

1. Start by placing your feet on top of the ball and holding a plank position with your hands on the ground.
2. Once your body is stabilized in this plank position slowly raise one arm off the ground.
3. Bring the arm forward and then backwards to your hip.
4. Return to the start position and repeat with the other arm.

1-Arm Raise Level 1 on Ball



Exercise Description:

1-Arm Raise Level 1 on Ball

Classification:

Core (free weight)

Instructions:

1. Start by placing your feet on top of the ball and holding a plank position with your hands on the ground.
2. Once your body is stabilized in this plank position slowly raise one arm off the ground.
3. Bring the arm forward and then return to the ground.
4. Repeat with the other arm.

Plank leg raise on extreme balance board



Exercise Description:

Plank leg raise on extreme balance board

Classification:

Core (free weight)

Instructions:

1. Start by forming a parallel plank position with both feet on the ground and your hands on top of the extreme balance board.
2. Holding this parallel position raise one leg off the ground maintaining the plank position.
3. Repeat with the other leg.
4. Remember to keep your abs tight and your hips level with the rest of your body.

Seated Trunk Rotation with 1 leg



Exercise Description:

Seated Trunk Rotation with 1 leg

Classification:

Core (free weight)

Instructions:

1. Start by sitting on the stability ball and hold a dumbbell straight out in front of your shoulders.
2. Slowly raise one leg off the floor and maintain your balance.
3. Now rotate your trunk back and forth holding the dumbbell out in front of you and keeping one leg off the floor.
4. Continue for the prescribed number of repetitions and repeat with the other leg.

Partner Sit-ups with Med Ball



Exercise Description:

Partner Sit-ups with Med Ball

Classification:

Core (free weight)

Instructions:

DB Shoulder Press and Twist



Exercise Description:

DB Shoulder Press and Twist

Classification:

Core (free weight)

Instructions:

1. Stand with your feet shoulder width apart and the dumbbells at shoulder level.
2. Press the dumbbells up above your head and simultaneously twist your trunk.
3. Return to the starting position and then twist to the opposite direction.
4. Keep your feet planted and stationary the entire time.

Russian Twist



Exercise Description:

Russian Twist

Classification:

Core (free weight)

Instructions:

1. Start by sitting on the floor with hips and knees flexed to approximately 90 degree angles.
2. Grasp a medicine ball or small dumbbell and swing it to the right and left as you keep the hips from rotating with the shoulders.
3. The arms are not perpendicular to the torso, but instead, kept low, near the thighs, as the medicine ball is swung to each side.
3. Repeat for the prescribed repetitions.

DB Pushup and Row



Exercise Description:

DB Pushup and Row

Classification:

Core (free weight)

Instructions:

1. Start by placing the dumbbells onto the ground and getting into a pushup position holding onto the dumbbells.
2. Proceed into a pushup and then extend your arms into a completed pushup.
3. Then row one dumbbell up to chest level and return to the ground. Repeat with the other arm. This is considered one repetition.
4. Repeat this cycle until all repetitions are completed.
5. Make sure you keep your abs tight and back flat throughout this movement.

