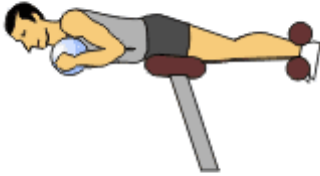


## Core (machines)

### Medicine Ball Back Extension



#### **Exercise Description:**

Medicine Ball Back Extension

#### **Classification:**

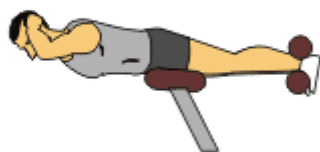
Core (machines)

#### **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. Hold a medicine ball against your chest.
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.

To increase resistance, place arms behind head -> arms extended overhead -> holding weight plate or weighted object across chest.

### Back Extension



#### **Exercise Description:**

Back Extension

#### **Classification:**

Core (machines)

#### **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.

- 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.

Side Crunch



**Exercise Description:**

Side Crunch

**Classification:**

Core (machines)

**Instructions:**

1. Position body sideways on apparatus placing hips and ankles on respective pads.
2. Place hips (and not stomach) on pad. Place lower leg area on pad. Cross arms and place on chest.
3. Start position: Back should be perpendicular to ground with knees slightly bent.
4. Lower body until trunk is comfortably at an angle.
5. Return to start position.
6. To increase resistance, place arms behind head -> arms extended overhead -> holding weight plate or weighted object across chest.

Cable Hip Raise



**Exercise Description:**

Cable Hip Raise

**Classification:**

Core (machines)

**Instructions:**

- 1) Lie back onto floor or bench with both knees bent and feet flat. Place hands at sides.
- 2) Contract abdominal muscles continuously to stabilize trunk (or tuck stomach in by

drawing naval in towards spine). Lower back should be in a neutral position.

3) Start position: Raise both feet 8-12 inches off floor or bench with cable attached.

4) Straighten legs without touching feet on floor.

5) Return to start position.

6) Remember to maintain stability in lower back throughout movement by keeping abdominal muscles contracted - **DO NOT ARCH LOWER BACK**. To reduce intensity, extend legs so that feet are greater than 12 inches from floor or bench and progress from there.

Cable Kneeling Crunch



**Exercise Description:**

Cable Kneeling Crunch

**Classification:**

Core (machines)

**Instructions:**

Starting Position: Start on your knees and hold a cable bar next to or behind your head. Lean forward slightly and crunch your midsection towards the floor pulling the cable down.

Return to starting position.

Seated Cable Crunch



**Exercise Description:**

Seated Cable Crunch

**Classification:**

Core (machines)

**Instructions:**

Starting Position: Sit in chair and hold a cable bar next to or behind your head.

Lean forward slightly and crunch your midsection towards the floor pulling the cable

down.

Return to starting position.

Standing Cable Side Bend



**Exercise Description:**

Standing Cable Side Bend

**Classification:**

Core (machines)

**Instructions:**

Starting Position: Stand with your feet about shoulder width apart.

Reach down with one hand and grab the cable handle.

Laterally bend your torso away from the cable so that you pull up on the handle.

Return to starting position.

Seated Back Extension



**Exercise Description:**

Seated Back Extension

**Classification:**

Core (machines)

**Instructions:**

Starting Position: Sit upright in the machine with your upper back against the roller.

Keeping your back flat hyperextend so that you push against the roller pad.

Extend back to almost a neutral position and then return to the starting position.

Weighted Back Extension



**Exercise Description:**

Weighted Back Extension

**Classification:**

Core (machines)

**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.

Vertical Hip Raise



**Exercise Description:**

Vertical Hip Raise

**Classification:**

Core (machines)

**Instructions:**

1. Step up onto apparatus and place forearms into pads. Grasp handles and stabilize shoulders by depressing shoulders down.
2. Start position: bring knees up with hip flexed at approximately 90°.
3. Keeping back firmly pressed against back support, slowly lower legs.
4. Return to start position.
5. Remember to keep head and back in a neutral position. Keep stomach tight (naval drawn in towards spine) throughout entire movement.

## Glute-Ham Raise (w/ plate)



### **Exercise Description:**

Glute-Ham Raise (w/ plate)

### **Classification:**

Core (machines)

### **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.

Reverse Wood Chop with bands or cable



### **Exercise Description:**

Reverse Wood Chop with bands or cable

### **Classification:**

Core (machines)

### **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 (machines)

**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.

