

## Core (toning bar)

### Bentover Trunk Rotation



#### **Exercise Description:**

Bentover Trunk Rotation

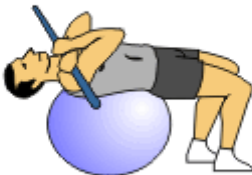
#### **Classification:**

Core (toning bar)

#### **Instructions:**

- 1) Stand with feet hip width and knees slightly bent.
- 2) Start position: Bend at hips with back straight. Hold toning bar on shoulders.
- 3) Rotate shoulders side to side by rotating your trunk.
- 4) Return to start position.
- 5) Remember to keep back and head straight - hyperextension or flexion may cause injury.

Crunch on ball with toning bar



#### **Exercise Description:**

Crunch on ball with toning bar

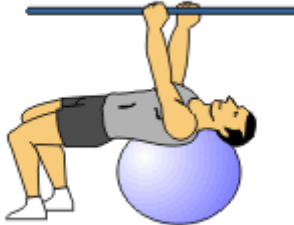
#### **Classification:**

Core (toning bar)

#### **Instructions:**

- 1) Sit in upright position on flexaball with feet flat on floor.
- 2) Walk feet forward allowing flexaball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a "table top" position parallel to floor.
- 3) Place hands on chest holding a toning bar. Head should be in a neutral position with a space between chin and chest.

- 4) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders up.
  - 5) Return to start position.
  - 6) Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.
- Supine trunk rotation with toning bar



**Exercise Description:**

Supine trunk rotation with toning bar

**Classification:**

Core (toning bar)

**Instructions:**

1. Lie on your back on a ball so that the ball is under your upper back.
2. Hold a toning bar up above your chest keeping your arms straight.
3. Holding this position rotate your shoulders and arms to the side so that your shoulders are 90 degrees to your hips.
4. Return to the starting position and repeat to the other side. Try to keep your hips facing the ceiling during the entire movement. Do not rotate your hips.

Standing trunk rotation with toningbar on shoulder



**Exercise Description:**

Standing trunk rotation with toningbar on shoulder

**Classification:**

Core (toning bar)

**Instructions:**

1. Stand with a parallel stance and the toning bar placed on your shoulders.
2. Keeping your trunk in an upright posture rotate your shoulders to each side.
3. Repeat for the prescribed number of repetitions.

Trunk Rotation with Toning bar balancing



**Exercise Description:**

Trunk Rotation with Toning bar balancing

**Classification:**

Core (toning bar)

**Instructions:**

1. Balance yourself using your knees on the ball and the toning bar placed on your shoulders.
2. Keeping your trunk in an upright posture rotate your shoulders to each side.
3. Repeat for the prescribed number of repetitions.

Oblique Crunch with toning bar



**Exercise Description:**

Oblique Crunch with toning bar

**Classification:**

Core (toning bar)

**Instructions:**

- 1) Lie with back on ball with knees bent.
- 2) Start position: Place toning bar across your chest.
- 3) Leading with the chin and right shoulder, contract abdominal muscles and raise right shoulder ball towards left knee.
- 4) Return to start position and repeat with other side.

