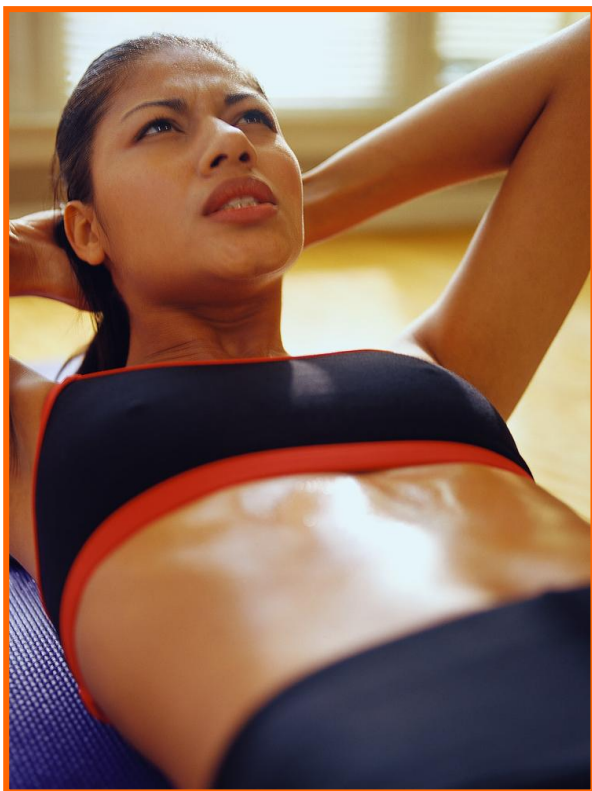


EXERCISE PROGRAMS



Core



Core

Introduction

This exercise routine is created for men and women with the goal of strengthening their core.

Exercise intensity – moderate to high.

Warm Up

This workout should begin with a 5-10 minute cardiovascular activity/ exercise, as well as exercise specific stretches to elevate the heart rate and prepare the body for exercise.

Workout Tips

- ▶ Hydration is vital when exercising. Ensure the client is drinking water throughout the session.
- ▶ Advise your client that a banana is a great pre-workout food to have 30-45 minutes prior.
- ▶ To promote your client's muscle growth, rest between sets should be about 30 seconds long.
- ▶ Focus on the client's posture and technique throughout the workout.

Cool Down

This workout should conclude with a light cardiovascular activity followed by static stretches that target the muscles used in the exercise.

Yoga - Morning Stretch

- Lie face up, arms by side, palms down
- Inhale, bring arms overhead & lift spine off the floor
- Point toes. Extend legs & arms away from each other
- Exhale, bring arms back to side, release lumbar spine to the floor
- Repeat 10-20 times
- This is a rhythmic movement practiced with the breath



Hold for 10-20 seconds. Repeat 1-2 times.

Lateral Leg Rolls - Feet Up

- Lie on the floor
- Knees & hips bent, feet off the floor
- Roll knees from side to side
- Shoulders remain flat on floor



Complete 2-4 sets of 4-6 repetitions. Rest 30s between sets.

Roll Out - Exercise Ball

- Kneel facing exercise ball
- Arms straight, hands on stability ball
- Fall forward onto the ball as ball rolls forward
- Arms support body weight
- Push arms into the ball to return to the start position
- Maintain posture throughout



Complete 2-4 sets of 8-12 repetitions. Rest 40s between sets.

Knee Tuck - Exercise Ball

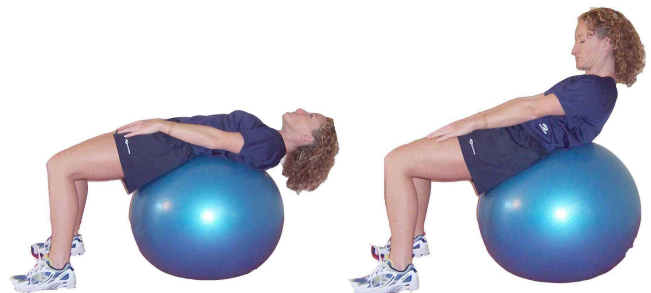
- Lie face down, hands on floor, feet on the ball
- Body parallel to floor
- Bring feet to buttocks, knees toward the floor
- Extend legs to return to stat position
- Maintain straight body position throughout



Complete 2-4 sets of 8-12 repetitions. Rest 40s between sets.

Abdominal Crunch - Exercise Ball

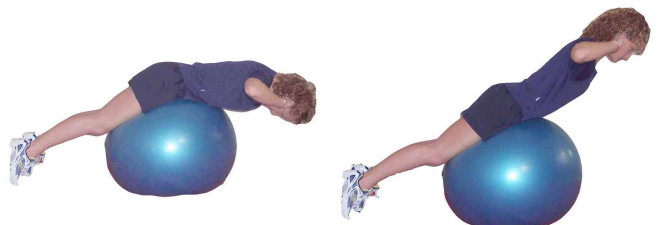
- Position lower back on crest of the exercise ball
- Feet wide enough to maintain stability
- Hands on thighs
- Crunch forward, slide fingers to mid thigh
- Return shoulders to ball



Complete 2-4 sets of 15-20 repetitions. Rest 40s between sets.

Back Extension - Exercise Ball

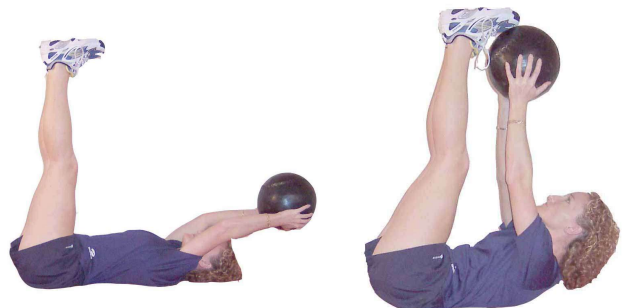
- Lie face down, hips on crest of exercise ball
- Feet secured on floor
- Body relaxed over the ball
- Hands on ears, slow extend torso
- Ankles, hips & shoulders to align



Complete 2-4 sets of 10-12 repetitions. Rest 40s between sets.

Abdominal Crunch - Toe Touches - Medicine Ball

- Lie on back, extend legs vertically
- Hold medicine ball overhead
- Curl up & touch medicine ball on feet
- Return shoulders to floor
- Legs remain vertical throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Elbow to Knee Crunch - Alternate Leg Extensions

- Lie face up, hands behind low area of neck
- Bend knees to 90 degrees, feet off floor
- Curl up through the mid section & touch opposite elbow & knee
- At the same time extend the other leg
- Maintain the curl up position & repeat action on other side



Complete 2-4 sets of 8-15 repetitions. Rest 30s between sets.

Hanging Knee Raise - Roman Chair

- Body weight supported by arms in Roman chair
- Back supported
- Bend knees, pull knees to chest
- Lower slowly
- Variation: Keep legs straight, flex from hips



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Superman

- Lie face down with arms & legs out stretched
- Preset lower abdominals
- Simultaneously raise arms, legs & chest off the floor
- Hold position, then return to neutral and repeat



Complete 2-4 sets of 8-15 repetitions. Rest 40s between sets.

Cobra Stretch

- Lie face down, feet & legs together, toes pointed
- Hands flat on the floor, elbows by side
- Inhale, push pubic bone into the floor
- Slowly extend elbows, lift chest & head & gaze upward
- Pull shoulder blades down & back
- Hold for 5-8 breaths
- Exhale, slowly lower head to the floor, relax completely



Hold for 20-30 seconds. Repeat 2-5 times.

Low Back Stretch - Standing

- Stand, one hand on hip, the other overhead
- Reach up & across, flexing sideways from the waist
- Variation: Widen stance



Hold for 20-40 seconds. Repeat 1-3 times.