

Core and Abs Program

Exercise name and Description	Progressions
<p>Plank on Ball</p> <ul style="list-style-type: none"> - do a plank on the ball (feet on the floor, forearms on the ball) - keep your back flat and level 	<ul style="list-style-type: none"> - roll the ball farther out from your body
<p>Superman</p> <ul style="list-style-type: none"> - while on hands and knees, extend the right arm forward while extending the left leg back - hold your back straight - hold for about 5 seconds, then switch 	<ul style="list-style-type: none"> - on the floor - with hands and knees closer together - on the BOSU ball - on the theraball
<p>“Proposal”</p> <ul style="list-style-type: none"> - kneel on one knee with the other foot directly in front of the down knee - rotate your trunk slowly from side-to-side while maintaining your balance 	<ul style="list-style-type: none"> - on the floor - add weight with a medicine ball - on the BOSU (nothing touching the floor) - on the BOSU, balancing just on the knee, forward foot in the air
<p>BOSU Ab’s</p> <ul style="list-style-type: none"> - balance your butt on the rounded side of the BOSU - balance, rotate, play catch - do to fatigue 	<ul style="list-style-type: none"> - feet on the floor - feet lifted - using a medicine ball
<p>Kneeling on a theraball</p> <ul style="list-style-type: none"> - kneel on the ball, keeping your balance 	<ul style="list-style-type: none"> - change your centre of gravity by moving your arms - play catch, do weights, do sport specific movements (dribble, pass, block, hit...)
<p>Romanian Dead Lifts *</p> <ul style="list-style-type: none"> -keep your back straight, bend your body forward until your body is parallel to the floor as you balance on one foot, then straighten back up 	<ul style="list-style-type: none"> - without weight - with dumb bells
<p>Fire Hydrant *</p> <ul style="list-style-type: none"> - just as it sounds, lift your leg like a dog at a hydrant, being sure to rotate the hip, not the whole back and pelvis - keep your back parallel to the ground 	<ul style="list-style-type: none"> - knee bent - leg straight

All of these except BOSU Ab’s should be done everyday.

* Technique is very important - use a mirror if possible to check your body position