

Core Stability and Upper Trunk Exercises

Please perform the core exercises in **bold** when your schedule is marked **CS** – For instructions and pictures on how to do the bolded exercises – follow the web link below.

<http://www.ronjones.org/Coach&Train/BodyXerciseLibrary/Core/index.htm>

CORE Bridging: **(These bridges are high-priority core exercises)*

Supine* (Face Up)

Prone* (Face Down)

Side* (Both)

1-Leg Supine

Elevated Supine (2 Legs)

Elevated Supine (1 Leg)

Bird Dog

Dynamic (Prone & Sides)

2-Point Side

3-Point Dynamic

T-Stabilization Lock Out

T-Stabilization Lock Out + Hyperextension

T-Stabilization Lock Out + Abduction

T-Stabilization Log Roll

2-Point Prone

ABS/Obliques/CORE:

Seated Chair:

March

Reverse Crunch

Bicycling

Jack LaLanne Scissor Cross

Bicycling Crunch

Crunch

Heel-to-Toe Curl Up

Curl Up (Straight Legs)

Curl Up (Elevated Legs)

Cross Crunch

Reverse Crunch

Jack LaLanne Scissor Cross

Russian Twist

Starfish

Squirm

Side Bridge Crunch

'V' Up Crunch

Lower Back / Core

Superman Pointer (Alternating Limbs)

Superman Pointer

Please perform the core exercises in **bold** when your schedule is marked **CS** – For instructions and pictures on how to do the bolded exercises – follow the web link below.

<http://www.ronjones.org/Coach&Train/BodyXerciseLibrary/PushUps/index.html>

Body Weight Push-Ups

Modified Military (Wall>Table>**Chair**>Knees>Negative

Military

Military Lateral Twist

Narrow

Wide

Split

Split Reptile Walk

Tiger

T-Stabilization

T-Stabilization + Hyperextension

T-Stabilization + Abduction

3-Point

Pike

Cobra

Elbow Stabilization

Elbow Stabilization + Pike Lockout

Inverted: 90° off wall (1-2 Legs)

Inverted: 45° off wall (1-2 Legs)

Inverted: off box (1-2 Legs)

"Ilgaranda"

"Jack LaLanne"

1-Arm Negative

1-Arm

Matrix Push-Ups: