

EXERCISE	DESCRIPTION	REASON	PROGRESSION	REPS OR TIME
1 - THE LINE UP (Back against the wall)	stand with your back against the wall; head & spine in a line; shoulders away from ears; looking forward; take 10 deep breaths then step away from the wall trying to hold onto that posture	posture	maintaining proper posture to the finish line	< 30 sec
2 - THE FLAMINGO (Single leg stands)	10 sec standing then 10 with eyes closed, then 10 of tracking arms as they move in front of the body.	integrated multiplanar neromuscular stability (balance) and improved proprioception	eyes closed; standing on a boscu ball or wobble board	10 sec each
3 - THE BALLERINA (1 Leg Balance Reach)	Stand on one leg with the knee slightly bent and hands on hips. Reach the opposite leg to the FRONT then to the SIDE then diagonally BACK & OUT without altering optimal alignment of the balancing leg. The knee must remain over the 2-3 rd toe	integrated multiplanar neromuscular stability (balance) and improved proprioception	eyes closed; standing on a boscu ball or wobble board	build to 60 sec, each leg
4 - THE 747 (1 leg balance & forward bend)	With one hand on hip, balance on opposite leg with knee flexed slightly and aligned over 2nd & 3rd toe. Maintaining a drawn in position, extend opposite leg into triple extension (hip, knee, ankle fully extended) and at the same time flex the shoulder of the free hand, straight out in front of the body. Hold and then return both extremities to starting position, maintaining optimal posture	integrated multiplanar neromuscular stability (balance) and improved proprioception	eyes closed; standing on a boscu ball or wobble board	build to 60 sec, each leg
5 - THE SUMO (a.k.a. Squats)	Standing with your feet shoulder-width apart, toes slightly pointed out and keeping your back straight and head up, slowly bend at the hips as if sitting down, allowing some of your weight to shift to your heels. Begin with shallow squats and gradually progress to where your thighs are parallel to the floor. Your knees should pass over your feet but not extend beyond your toes	train the body's frontal plane stability system (the glutes) and to teach the co-contraction of the core/anterior/posterior /medial thigh musculature to "push" while stabilizing in the frontal plane	progressions - No weight to dumbbells to cables to tubing; Movement progression -Squat with touchdown to squat touchdown to overhead press	build to 3 sets of 15
6 - THE LUNGE	Standing straight, bring one foot forward and bend your knee until your upper and lower leg create a 90-degree angle. The knee of the rear leg should be almost touching the floor. Bring the outstretched foot back and switch positions or perform walking lunges	muscular endurance and strength in the glutes, quadriceps and hamstrings; core/hip/pelvis/foot/ankle stability	Inertia progressions - No weight to dumbbells to cables to tubing; Movement progression - twists; direction; weights	build to 3 sets of 15 per leg
7 - THE MOUNTAIN CLIMBER	Assume prone/plank position on bench/ground/Boscu ball. Flex one knee and move the foot closer to the hands. Alternate the feet (in a running motion) so that one foot is traveling forward as the other is traveling back.	increase mobility and stability at the hip complex	gradually increase tempo	build to 60 sec

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8 - THE BRIDGE	Begin by lying flat on floor in supine position with knees bent, feet flat, toes pointing straight ahead and arms by sides. Activate core by drawing navel towards the spine and squeezing the glutes. With core activated and glutes squeezed, lift hips off ground to form a straight line between knees and shoulders. Hold and slowly return back to floor, touching floor momentarily then repeat.	core stabilization & glute activation	1 leg, alternate legs, stability ball	build to 10 sec x 15
9 - THE ROCK-A-BYE (a.k.a. Hip rolls)	Lie flat on the floor with the arms to the side of the body for support. Keep legs on floor to start or for advanced, lift the legs off the floor and maintain triple flexion (at the hips, knees and ankles). Flatten out the back by initiating a posterior pelvic rotation (push the small of the back into the floor). With slow and controlled movement, rotate the hips side to side with a SMALL range of motion.	lower core strength and stabilization	start with feet on floor, then use a stability ball, then bend legs at 90 degrees then straight legs	2 Sets of 10 slow rolls each side - with 20 seconds rest
10a - THE PLANK	Place your forearms on the floor, with your elbows directly under your shoulders, both feet extended back behind you. Inhale and lift your body from the ground, aiming to make a straight line from your ear - shoulder - hip and knee, both feet on the floor. Keep chin tucked in	core stabilization with focus on transverse abdominus	lift one leg up; hands on boscu/stability ball/wobble board.	work to holding it for 30 - 60 sec and repeat (2 to 3 sets)
10b - SIDE PLANK	Lie on the right side with legs bent. Before movement begins, optimal postural alignment is mandatory. Place right elbow directly under the right shoulder for support. Draw your lower abdomen inward toward your spine. While maintaining the drawing-in maneuver, lift body up onto forearm and hold for 5-10 seconds (seconds may vary depending on individual abilities). While still maintaining the drawing-in maneuver, lower to the floor	core stabilization with focus on the obliques	lift arm and leg away from body toward ceiling; use a kettle ball or dumb bell to pull up	work to holding it for 30 - 60 sec and repeat (2 to 3 sets)
11 - THE COBRA	Lying face-down on the floor-in prone position, have arms beside your hips. Activate core by drawing in navel towards spine and squeezing glutes. With core and glutes activated, lift chest off the floor, lift arms up and back towards the hips rotating thumbs towards the ceiling. Pause momentarily at the top of the lift then return to starting position; at all times keeping the chin tucked into the chest. Upon completion of the movement, repeat.	core stabilization; glute and middle/lower traps	perform on stability ball	work up to 3 x 15

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12 - THE SUPERMAN	Position yourself lying prone on your stomach on the floor. The arms are reaching overhead. The movement involves opposite arm/leg motion - take one arm and lift it off the ground while the opposite leg moves off the ground. Return to the starting position and switch sides.	core stabilization; back and neck strength	perform on a boscu ball	work up to 3 x 10
13 - DROP 'N GIMME 20 (aka. Push Ups)	In a prone position, place hands at a width that will allow the forearms to be perpendicular to the floor when the elbows are flexed at 90 degrees. Come into plank position with elbows extended, make sure the entire body is in a neutral position. Flexing at elbows, lower the body, maintaining neutral spine. Push back to starting position	chest and core strength	1 leg, 1 leg with rotation; on stability ball/Boscu ball/wobble board	Men work up to 3 x 25; women 3 x 15
14 - V FOR VICTORY (a.k.a. V-Sit)	Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles. Extend legs out remaining off of the ground and then return to 'crunched' position.	core stabilization with focus on the rectus abdominus, obliques and hip flexors	use medicine ball or dumbbell; sit on boscu or wobble board	work up to 3 x 20
15 - REACH FOR THE SKY (kneeling overhead draw)	kneel and raise arms straight overhead. Draw navel toward spine and reach toward ceiling. Hold for 5 seconds and relax.	core stabilization - in an upright position (like running)	use a weight	5 x 5 sec
16 - THE CLAM (lying hip abduction)	lie on side with your legs bent 90 degrees and knees together. Rotate the upper leg upward and backward, keeping the foot of this leg in contact with the other foot. Switch sides.	hip stability	use resistance band around knees; next step is to straighten legs then use band	work up to 3 x 15 or fatigue is felt in buttocks