

# CORE STRENGTH EXERCISES – Phase 01

## 1. Stabilization Arm Raise 04428



2-3 sets on each arm. Build up to 10-15 reps. Extremely important to focus on **SLOW CONTROLLED MOVEMENTS**. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

## 2. Stability Ball Bridging Leg Curl 04183



2-3 sets. Build up to 10-15 reps. Extremely important to focus on **SLOW CONTROLLED MOVEMENTS**. Take your time to rest between sets. Complete sets or until your technique is negative affected.

## 3. Kneeling Arm-Leg Raise 04974



2-3 sets. Build up to 10-15 reps. Extremely important to focus on **SLOW CONTROLLED MOVEMENTS**. Take your time to rest between sets. Complete sets or until your technique is negative affected.



# CORE STRENGTH EXERCISES – Phase 01

## 4. Supine Arm-Leg Raise 04822



2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on **SLOW CONTROLLED MOVEMENTS**. Take your time to rest between sets, maintain strong balance and core control

## 5. Side Stabilization Arm-Leg Raise 04430



2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on **SLOW CONTROLLED MOVEMENTS**. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

## 6. Push Up Rotation 04793



2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on **SLOW CONTROLLED MOVEMENTS**. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.



## 7. Single Leg Bridging 06219



2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on **SLOW CONTROLLED MOVEMENTS**. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

### Weekly Recorder

CORE STRENGTH EXERCISES	SETS	REPS	S	M	T	W	T	F	S
1. Stabilization Arm Raise 04428	2-3	10-15							
2. Stability Ball Bridging Leg Curl 04183	2-3	10-15							
3. Kneeling Arm-Leg Raise 04974	2-3	10-15							
4. Supine Arm-Leg Raise 04822	2-3	10-15							
5. Side Stabilization Arm-Leg Raise 04430	2-3	10-15							
6. Push Up Rotation 04793	2-3	10-15							
7. Single Leg Bridging 06219	2-3	10-15							

- Complete at least once a day to assist with building Core Strength.
- Alternate daily between Core Strength Phases 1, 2 and 3 and work on Flexibility every day.

**GET INTO THE DAILY HABIT,  
DO THE WORK, GET THE REWARDS.**



Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts