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| **Core** **Exercises** | | |
| **back** **extension** | **two lateral planks** | **prone bridge test** |
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| **inertial**  **rotational testing** | **Functional Star Excursion Balance Test** | **Functional Star Excursion Balance Test** |
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| **Functional Star Excursion Balance Test** | **forward throws** | **forward throws** |
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| **backward throw** | **backward throw** | **lateral throws** |
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| **Core** **Exercises** | | |
| **lateral throws** | **leaning back into a supine position** | **moving the body upward with arms**  **extended overhead** |
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| **Push-ups of increasing complexity and instability** | **Push-ups of increasing complexity and instability** | **Push-ups of increasing complexity and instability** |
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| **Push-ups of increasing complexity and instability** | **shoulder fly** | **Bicycle Crunch** |
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| **Core** **Exercises** | | | | | | |
| **Bicycle Crunch** | | **Reverse Crunch** | | | **Reverse Crunch** | |
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| **Reverse Crunch(To increase intensity, place hands behind the head or overhead)** | | **Bird Dog** | | | **Bird Dog** | |
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| **Reverse Pendulum** | | **Reverse Pendulum** | | | **Reverse Pendulum Medicine Ball Twister** | |
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| **Reverse Pendulum Medicine Ball Twister** | | **Prone Plank** | | | **Prone Plank** | |
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| **Core** **Exercises** | | | | | | |
| **Prone Plank With Hip Extension** | | | **Stability Ball Plank to Pike-Up** | | | **Stability Ball Plank to Pike-Up** |
|  | | |  | | |  |
| **Side Bridge** | | | **Side Bridge** | | | **Modified Side Bridge (Forearm Bridge)** |
|  | | |  | | |  |
| **Press-Up** | | | **Press-Up** | | | **Glute–Ham Raise** |
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| **Glute–Ham Raise** | | | **Stability Ball Hyperextension** | | | **Stability Ball Hyperextension** |
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| **Core** **Exercises** | | | | | | |
| **Stability Ball Hyperextension With Twist** | **Stability Ball Reverse**  **Hyperextension** | | | **Stability Ball Reverse**  **Hyperextension** | | |
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| **Stability Ball Crunch** | **Stability Ball Crunch** | | | **Stability Ball Side Crunch** | | |
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| **Stability Ball Side Crunch** | **Stability Ball Rotating Crunch** | | | **Stability Ball Rotating Crunch** | | |
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| **Stability Ball Supine Bridge** | **Stability Ball Supine Bridge** | | | **Stability Ball Supine Bridge With Leg Curl** | | |
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| **Core** **Exercises** | | |
| **Russian Twist** | **Russian Twist** | **Dumbb ell Side Bend** |
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| **Dumbb ell Side Bend** | **Barbell Rollout** | **Barbell Rollout** |
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| **Resistance Band Forward,**  **Backward, or Sideward Walkout** | **Resistance Band Forward,**  **Backward, or Sideward Walkout** | **Resistance Band Walkout With Hold** |
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| **Core** **Exercises** | | |
| **Cable Kneeling Rope Crunch** | **Cable Kneeling Rope Crunch** | **Cable Kneeling Twisting Rope Crunch** |
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| **Cable Kneeling Twisting Rope Crunch** | **Cable Side Bend** | **Cable Side Bend** |
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| **Cable Low/High Woodchop** | **Cable Low/High Woodchop** | **Cable High/Low Woodchop** |
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| **Core** **Exercises** | | |
| **Cable High/Low Woodchop** | **Cable Torso Rotation** | **Cable Torso Rotation** |
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| **Side Double-Leg Lift** | **Side Double-Leg Lift** | **Diagonal Plate Chop** |
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| **Diagonal Plate Chop** | **Diagonal Medicine Ball Chop** | **Woodchop Complex** |
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| **Core** **Exercises** | | |
| **Woodchop Complex** | **Woodchop Complex** | **Woodchop Complex** |
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| **Flutter Kick** | **Flutter Kick** | **Trunk Rotation** |
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| **Trunk Rotation** | **Starfish With Resistance Bands** | **Starfish With Resistance Bands** |
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| **Core** **Exercises** | | |
| **Starfish With Resistance Bands** | **Open-Book Rib Cage** | **Open-Book Rib Cage** |
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| **Swimmer** | **Swimmer** | **Hanging Knee Raise** |
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| **Hanging Knee Raise** | **Hanging Straight-Leg Raise** | **Hanging Knee Raise** |
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| **Core** **Exercises** | | | | |
| **Hanging Knee Raise** | **Three-Point Samurai** | | **Three-Point Samurai** | |
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| **Scissor Flutter Kick** | **Scissor Flutter Kick** | | **Plate V-Up** | |
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| **Plate V-Up** | **Superman** | | **Superman** | |
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| **Core** **Exercises** | | | | |
| **Jackknife** | | **Jackknife** | | **Leg Lower** |
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| **Leg Lower** | | **working one leg at a time or both legs at once** | | **Figure 8** |
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| **Figure 8** | | **Dead Bug** | | **Dead Bug** |
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| **Core** **Exercises** | | | | | |
| **Back Extension/Hyperextension** | | | **Back Extension/Hyperextension** | | **Static Back Extension** |
|  | | |  | |  |
| **Sit-Up** | | | **Sit-Up** | | **Overhead Squat** |
|  | | |  | |  |
| **Overhead Squat** | | | **Overhead Split Squat** | | **Overhead Split Squat** |
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| **Core** **Exercises** | | | | | |
| **Medicine Ball Underhand Throw** | | **Medicine Ball Underhand Throw** | | **Medicine Ball Countermovement**  **Underhand Throw** | |
|  | |  | |  | |
| **Medicine Ball Countermovement**  **Underhand Throw** | | **Medicine Ball Countermovement**  **Underhand Throw** | | **Medicine Ball Backward**  **Overhead Toss** | |
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| **Medicine Ball Backward**  **Overhead Toss** | | **Medicine Ball Pullover Pass** | | **Medicine Ball Pullover Pass** | |
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| **Core** **Exercises** | | | | | |
| **Medicine Ball Rotational Throw** | **Medicine Ball Rotational Throw** | | | **Medicine Ball Rotational Throw** | |
|  |  | | |  | |
| **Medicine Ball Countermovement**  **Underhand Throw** | **Medicine Ball Countermovement**  **Underhand Throw** | | | **Medicine Ball Countermovement**  **Underhand Throw** | |
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| **Core** **Exercises** | | |
| **Medicine Ball Backward**  **Overhead Toss** | **Medicine Ball Backward**  **Overhead Toss** | **Medicine Ball Pullover Pass** |
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| **Medicine Ball Pullover Pass** | **Medicine Ball Rotational Throw** | **Medicine Ball Rotational Throw** |
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| **Core** **Exercises** | | | | | | |
| **Medicine Ball Rotational Throw** | **Medicine Ball Rotational Throw** | | | | | **Medicine Ball Rotational Throw** |
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| **Medicine Ball Rotational Throw** | **Medicine Ball Rotational Throw** | | | | | **Medicine Ball One-Arm Push** |
|  |  | | | | |  |
| **Medicine Ball One-Arm Push** | **Medicine Ball One-Arm Push** | | | | | **Medicine Ball Walking Lunge**  **With Rotation** |
|  |  | | | | |  |
| **Core** **Exercises** | | | | | | |
| **Medicine Ball Walking Lunge**  **With Rotation** | | **Medicine Ball Overhead Throw** | | | **Medicine Ball Overhead Throw** | |
|  | |  | | |  | |
| **Medicine Ball Crossover Step Throw** | | **Medicine Ball Crossover Step Throw** | | | **Medicine Ball Crossover Step Throw** | |
|  | |  | | |  | |
| **Medicine Ball Seated Chest Pass** | | **Medicine Ball Seated Chest Pass** | | | **Medicine Ball Seated Twist** | |
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| **Core** **Exercises** | | | | | | |
| **Medicine Ball Seated Twist** | | | **Side-to-Side Twist** | **Side-to-Side Twist** | | |
|  | | |  |  | | |
| **Add resistance by holding a medicine ball in your outstretched arms as you**  **flex to each side** | | | **Medicine Ball Seated Figure 8** | **Medicine Ball Seated Figure 8** | | |
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| **Medicine Ball Seated Figure 8** | | | **Medicine Ball Seated Figure 8** | **Medicine Ball Seated Trunk Rotation** | | |
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| **Core** **Exercises** | | |
| **Medicine Ball Seated Trunk Rotation** | **Medicine Ball Lunge Figure 8** | **Medicine Ball Lunge Figure 8** |
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| **Medicine Ball Lunge Figure 8 Throw** | **Medicine Ball Standing Figure 8** | **Medicine Ball Standing Figure 8** |
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| **Medicine Ball Standing Figure 8** | **Medicine Ball Standing Figure 8** | **Medicine Ball Partner**  **Sp eed Rotation** |
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| **Core** **Exercises** | | | | |
| **Medicine Ball Partner**  **Sp eed Rotation** | **Medicine Ball Twisting Wall Toss** | | | **Medicine Ball Twisting Wall Toss** |
|  |  | | |  |
| **Medicine Ball Slam** | **Medicine Ball Slam** | | | **Medicine Ball Rotational Slam** |
|  |  | | |  |
| **Medicine Ball Rotational Slam** | **Angled Barbell Rotation** | | | **Angled Barbell Rotation** |
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| **Core** **Exercises** | | | | |
| **Angled Barbell Deadlift to Press** | | **Angled Barbell Deadlift to Press** | **Suspended Backward Row** | |
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| **Suspended Backward Row** | | **Bully** | **Bully** | |
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| **Slide-Board Thrust** | | **Slide-Board Thrust** | **Slide-Board Mountain Climber** | |
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| **Core** **Exercises** | | |
| **Slide-Board Mountain Climber** |  |  |
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