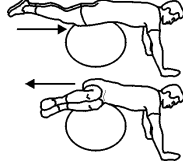


National Development Program — Core Routines

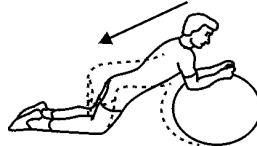
Routine 1: Physio-Ball & Stabilizers

Physio-Ball Pike: From Push-up position, feet on the ball- Lift hips and butt in “V” towards ceiling, keep arms and legs straight. (x 10-15)

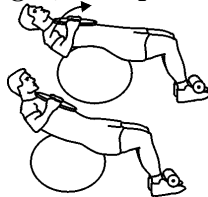
Physio-Ball Hip Twist: From Push-up position, feet/knees on ball- Twist trunk so hips are stacked, then pull both knees towards 1 elbow. Twist opposite direction and repeat. (x 10 each side)



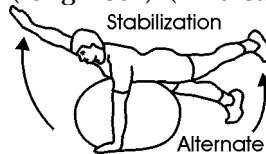
Physio-Ball Roll Out: From push up position, elbows on ball- Slowly roll ball away from body keeping abs and back flat until arms and body are straight. Pull back to starting position using abdominal muscles. (x 10)



Physio-Ball Plate Crunch: From seated position on ball, holding plate at chest- Stretch shoulders out over ball keeping hips up and glutes tight, roll up and crunch with weight. (x 15-20)



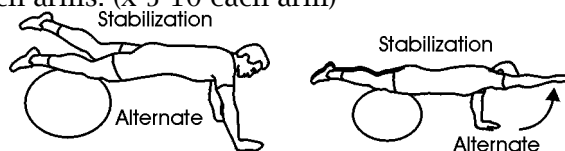
Physio-Ball Alternating Superman: From prone position, stomach on the ball- Balancing with just your fingertips and toes, slowly raise right arm and left leg to parallel with floor, hold for 2 seconds and switch. Keep neutral spine (long neck). (x 10 each side)



Physio-Ball Cross Crunch: From seated position on ball- Roll out so butt and small of back are on ball. Crunch and bring shoulder/elbow across to opposite side. Stretch out over ball and repeat on opposite side. (x 15 reps each)



Physio-Ball Alternate Arm/Leg Stabilization: From push-up position, feet on ball- Stabilize in plank position and slowly lift 1 foot off ball, hold for 1 second and repeat opposite side. Complete 5-10 reps each leg. Rest and from same starting position, slowly raise 1 arm while holding plank. Hold for 1 second and switch arms. (x 5-10 each arm)



Routine 2: Abdominals and Trunk

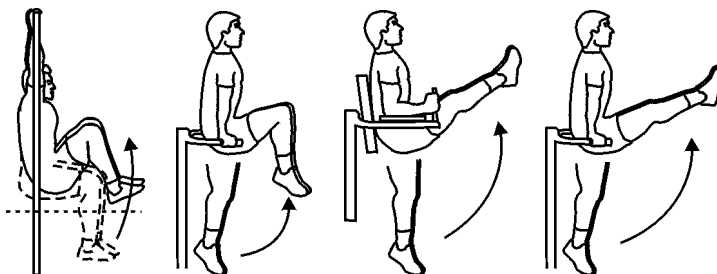
Straight Arm Sit-up: Lying on back, knees bent, feet secured or held down by partner- Stretch arms out overhead and clasp hands, keeping upper arms against ears. Leading with abdominal muscles, sit up without moving arms away from ears. Work on keeping arms perfectly straight and chin away from chest. (x 5-10)

Side Hip Raise (from bench or floor): From a side plank position (elbow on bench or floor)- Keeping shoulders stacked and hips aligned, lift and lower hips, stabilizing for 1 second at the top. (x 10-15 each side)

Swimmers: From prone position, keeping neck long and hands and feet off of floor- Alternate lifting arms and legs quickly without touching the ground. Keep eyes down and neck long. (x 15 each side)



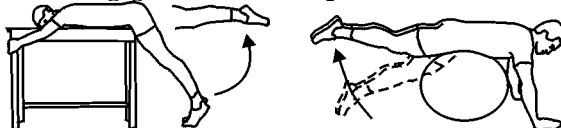
Hanging Knee or Leg Raise: Hanging from a pull-up bar or with elbows in a roman chair, pull knees up towards chest as high as possible. If this is easy, hold legs straight and raise them as high as possible. Limit swinging as much as possible. (Pictures represent all versions of exercise.) (x 10-15)



Side Crunch: Lying on back in an "L" with knees bent 90°. Keeping shoulders toward ceiling and neck long, crunch up until shoulder blades are lifted off floor. (x 20 each side)



Reverse Hypers: Lying prone on a bench, the floor or a ball- Keep legs straight and raise them up to parallel with floor, stabilize using glutes at the top. (x 10-15)



V-up w/ 3 position hold (15-sec each): Complete a V-up and hold at the top for 15-seconds, then release halfway and hold for 15-seconds, then stretch out so feet and shoulders are 6 inches from the floor and hold for 15-seconds. Go straight back into top of V-up without resting feet or shoulders on floor, this is 1 repetition. (x 5)

