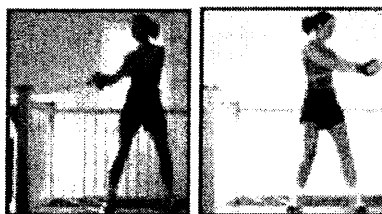


Total Core Workout

This intermediate/advanced Total Core Workout targets all the muscles of the torso include the abs, back and pelvis. These are dynamic exercises using an exercise ball and resistance band or tube. Take care when performing these exercises and avoid arching the back. If you find this difficult, you can place a rolled up towel under the lower back/hips for extra support. As always, avoid any exercise that causes pain and check with your doctor if you have any injuries or medical conditions.

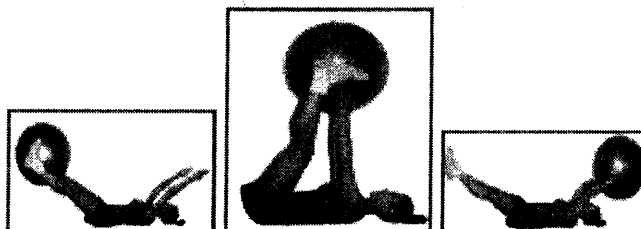
Horizontal Wood Chops

Wrap tube or band around a sturdy object and stand to the left, holding handles in both hands. Keeping the arms straight, swing the arms across the body and rotate towards the left, contracting the abs. Return to start and repeat for 10-12 reps before switching sides.



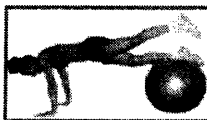
Ball Pass

Begin by lying on your back with the legs straight up (bend them if needed) and holding the ball straight up over the body. (A) Put the ball between the feet, squeezing them to keep the ball in place, and lower both the arms and legs down towards the floor. (B) Bring them back up and take the ball in your hands. (C) Lower the arms and legs down towards the floor again and continue, exchanging the ball between the hands and feet for 8-12 reps.



Ball Plank with Leg Lift

Get into plank position with the feet/shins resting on the ball, hands under shoulders and abs contracted. Keeping the core tight, lift the right leg off the ball a few inches and lower. Lift the left leg off the ball and lower. Continue alternating legs for 8-10 reps on each side.



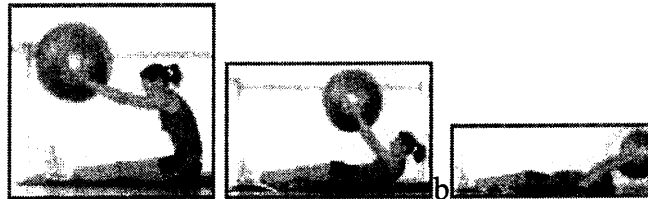
Reverse Hyper-Extension on the Ball

Lie face down on the ball and roll forward until you're resting on your forearms, legs straight and toes resting on the floor. Keeping the legs straight, lift them up until the body is in a straight line, concentrating on the lower back. Lower the legs slightly and repeat for 10-12 reps.



Roll Ups with the Ball

Begin seated on the floor, legs and spine straight and the ball extended out in front of you. Pull the abs in and engage the pelvis as you roll down onto the mat, feeling each vertebrae make contact, taking the ball over the head. Roll back up to start taking the ball up and reaching forward as you come back to sitting. Repeat for 10-12 reps and bend the knees to modify this move if your back is arching off the floor.



Plank Press-Ups on the Ball

On your knees, place your forearms on the ball and roll forward a bit until your back is flat. Straighten the knees and bring the body into a plank position. Hold for 1-2 seconds, lower the knees and repeat for 10-12 reps.



Jackknife

Begin lying on the floor with the legs straight up (knees slightly bent if needed) and hold the ball behind the head. Lower the legs a few inches and then bring the ball up as you bring the legs in, touching the ball to the toes in a full crunch. Lower and repeat for 10-12 reps.




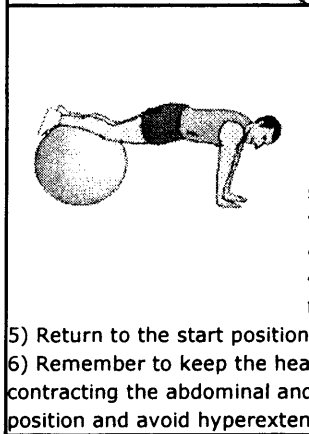
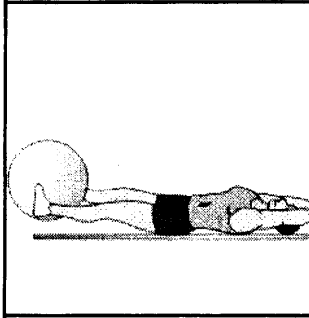
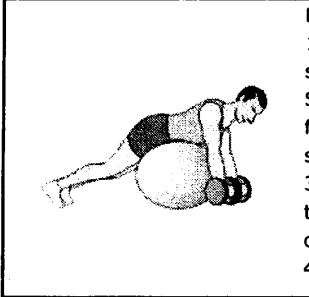

Workout Tips:

- Do this workout 2-3 non-consecutive days a week
- Each exercise should be slow and controlled. Don't use momentum and don't allow the back to arch. Modify any exercises as needed or skip any moves that cause pain
- Beginners: Start with this Beginner Abs Workout if these moves are too difficult.
- Int/Adv: Perform 1-3 sets of each exercise or go through the exercises circuit-style, one after the other and repeat if desired.

[Exercise Home](#)

Stability Ball Core Workout

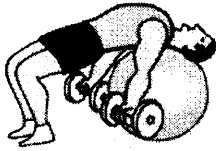
This online workout is 20 minute full body circuit using your bodyweight and a stability ball. You'll strengthen your core, improve balance and stability while burning calories and building a strong foundation that will transfer to all your other workouts. Perform 12-15 reps of each exercise without resting in between exercises. Take a 1 minute water break then repeat the entire circuit twice.

Exercise																															
 <p>Wall Squat</p> <ol style="list-style-type: none"> 1) Place flexaball against wall approximately lower back height. 2) Start position: Lean lower back against ball and take approximately one step forward with each foot. Feet should be slightly wider than hip width apart. 3) Bending at the hips and knees, lower body until thighs are parallel to the ground. DO NOT allow knees to extend past the big toe. 4) Return to start position. 5) Remember to keep back and head straight in a neutral position. 6) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. 	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> <th>Tempo</th> <th>Time</th> </tr> </thead> <tbody> <tr><td>1</td><td></td><td></td><td></td><td></td></tr> <tr><td>2</td><td></td><td></td><td></td><td></td></tr> <tr><td>3</td><td></td><td></td><td></td><td></td></tr> <tr><td>4</td><td></td><td></td><td></td><td></td></tr> <tr><td>5</td><td></td><td></td><td></td><td></td></tr> </tbody> </table>	Sets	Reps	Weight/ Resistance	Tempo	Time	1					2					3					4					5				
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 <p>Pushups with feet on stability ball</p> <ol style="list-style-type: none"> 1) Lie face down with chest on flexaball. 2) Take your hands and walk forward allowing the flexaball to roll under your body until the top of your feet are supported by the flexaball. 3) Start position: Place your hands slightly wider than shoulder width, fingers pointing straight ahead, and aligned at the nipple line. Remove one foot and suspend it 4-6 inches above the flexaball. 4) Lower your body (legs, hips, trunk, and head) 4-8 inches from the floor. 5) Return to the start position by extending at the elbows and pushing the body up. 6) Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back. 	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> <th>Tempo</th> <th>Time</th> </tr> </thead> <tbody> <tr><td>1</td><td></td><td></td><td></td><td></td></tr> <tr><td>2</td><td></td><td></td><td></td><td></td></tr> <tr><td>3</td><td></td><td></td><td></td><td></td></tr> <tr><td>4</td><td></td><td></td><td></td><td></td></tr> <tr><td>5</td><td></td><td></td><td></td><td></td></tr> </tbody> </table>	Sets	Reps	Weight/ Resistance	Tempo	Time	1					2					3					4					5				
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 <p>Ball Transfer Crunch</p> <ol style="list-style-type: none"> 1. Start by lying on your back with a stability ball held between your legs and your arms directly above your head. 2. Simultaneously raise your legs with the ball and your shoulders up towards the ceiling. 3. At the top grab the ball with your arms and return to the starting position with the ball in your hands. 4. Repeat this movement and transfer the ball back to your feet. 5. Repeat for the required repetitions. 	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> <th>Tempo</th> <th>Time</th> </tr> </thead> <tbody> <tr><td>1</td><td></td><td></td><td></td><td></td></tr> <tr><td>2</td><td></td><td></td><td></td><td></td></tr> <tr><td>3</td><td></td><td></td><td></td><td></td></tr> <tr><td>4</td><td></td><td></td><td></td><td></td></tr> <tr><td>5</td><td></td><td></td><td></td><td></td></tr> </tbody> </table>	Sets	Reps	Weight/ Resistance	Tempo	Time	1					2					3					4					5				
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 <p>Prone Reverse Flye on ball</p> <ol style="list-style-type: none"> 1) Lie face down with chest supported by a stability ball. Feet should be wider than shoulder width apart for stability. 2) Start position: Hold DB's in each hand with neutral grip (palms facing each other) and rest DB's on floor directly under shoulders. 3) With elbows slightly bent and facing the ceiling, raise DB's to shoulder level and squeeze shoulder blades together at top of movement. 4) Return to start position. 	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> <th>Tempo</th> <th>Time</th> </tr> </thead> <tbody> <tr><td>1</td><td></td><td></td><td></td><td></td></tr> <tr><td>2</td><td></td><td></td><td></td><td></td></tr> <tr><td>3</td><td></td><td></td><td></td><td></td></tr> <tr><td>4</td><td></td><td></td><td></td><td></td></tr> <tr><td>5</td><td></td><td></td><td></td><td></td></tr> </tbody> </table>	Sets	Reps	Weight/ Resistance	Tempo	Time	1					2					3					4					5				
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 <p>Seated Shoulder Press on 1 Leg</p> <ol style="list-style-type: none"> 1) Sit in upright position with feet shoulder width apart and knees slightly bent. Raise one leg up off the floor and maintain 	<table border="1"> <thead> <tr> <th>Sets</th> <th>Reps</th> <th>Weight/ Resistance</th> <th>Tempo</th> <th>Time</th> </tr> </thead> <tbody> <tr><td>1</td><td></td><td></td><td></td><td></td></tr> </tbody> </table>	Sets	Reps	Weight/ Resistance	Tempo	Time	1																								
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- your balance.
- 2) Start position: Position DB's to ear level with an overhand grip (palms facing forward).
 - 3) Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
 - 4) Return to start position.
 - 5) Remember to keep back and head straight in a neutral position - hyperextension or excessive flexion may cause injury.

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Supine Bicep Curl

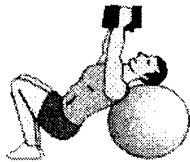


Sit in upright position on flexaball with feet flat on floor. Walk feet forward allowing flexaball to roll underneath body until it is positioned on mid to upper back region (you may rest head on flexaball). Raise hips to create a "table top" position parallel to floor.

Start Position: Extend arms so that the dumbbells are towards the ground in front of the ball. Curl dumbbells up to the top position. Avoid flexing the arm forward using the shoulder. Return to the starting position and repeat.

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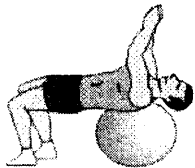
Incline overhead tricep extension



1. Lie on your back on the ball and drop your hips towards the floor.
2. Hold the dumbbells above your chest with your arms extended.
3. Proceed to bend your arms at the elbows until your elbow is bent to around 90 degrees.
4. Return to the starting position and repeat.
5. Try not to move your elbows or upper arm during this movement.

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Russian Twist



1. Roll out onto ball in a supine position. The ball should be on your upper back.
2. Keeping your hips and body parallel to the floor (no sagging of the hips) rotate your shoulders to the right with your arms extended.
3. Remember to keep your trunk parallel with the floor. Now rotate towards your left and repeat back and forth until the desired number of repetitions is met. The ball should pretty much stay in one place. Keep your body in a straight line and parallel with the floor. No sagging of the hips.

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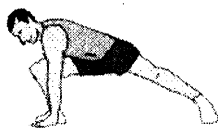
Prayer Stretch



1. Start by kneeling on the ground with your arms out in front of you.
2. Slide your arms further away and slowly shift your hips back towards your feet until a comfortable stretch is felt.
3. Hold for 20-30 seconds. Repeat as prescribed.

Sets	Reps	Weight/ Resistance	Tempo	Time
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Runners Hip Flexor Stretch



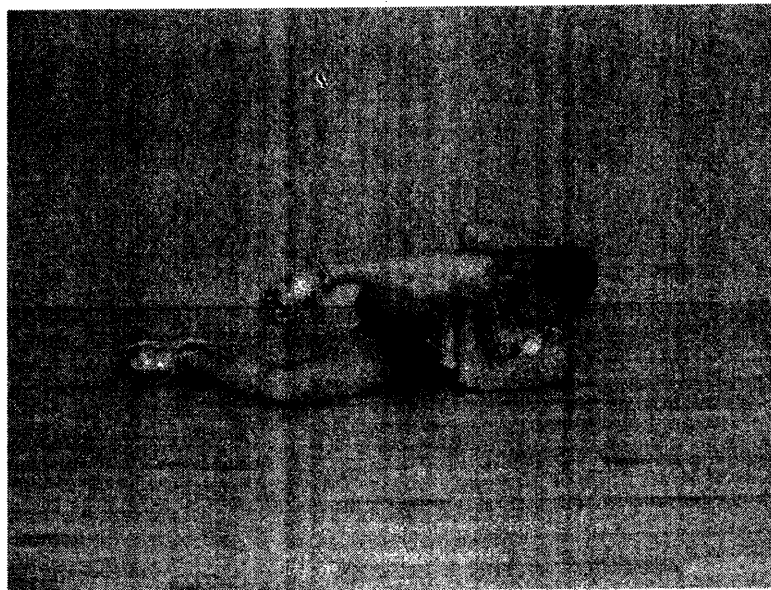
1. Stand with legs wider than shoulder width apart.
2. Bend knee and lean to that side, with your chest on your thigh. Keep opposite leg straight. Stretch should be felt in extended straight leg.
3. Hold for 20-30 seconds and then repeat to the other side.

Sets	Reps	Weight/ Resistance	Tempo	Time
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Having trouble with some of these moves? Want a tougher workout? Get your own customized 20 minute workout with online personal training. Go to [Body Makeover Fitness](#) to sign up.



6. **Oblique Leg Extensions** - This not only works your obliques, but should also engage your piriformis & hip flexor as well. Don't let your leg touch the ground, and when the leg is fully extended your butt should be tightly squeezed rotating your leg out ever so slightly (this is the piriformis part).



7. **Supermans** - Each side counts as 1/2 of a rep. Your stomach muscles should be engaged when you lift up. Think about your arm and leg not only being pulled up, but also out. Hold it at the top for 2 seconds.