

# CORE Exercises

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



**Directions:** After *Dynamic Warm-Up* (Level I) or *Movement Prep* (Level II), perform core exercises at “beginning” of workout for maximum benefit and improvement. *Pick a safe level; never be unsafe or exceed your capacity to “control” your body!* Note that “core” is the trunk area from waist to chest, front, sides, and back—all the way around. While some core exercises emphasize certain areas of the core more than others, ultimately the core muscles *work together in unison* as “nature’s girdle” to support your spinal column. *Move better—develop your CORE!*

## CORE Bridging: \*(These bridges are high-priority core exercises)

- Supine\** (Face Up)
- Prone\** (Face Down)
- Side\** (Both)
- 1-Leg Supine
- Elevated Supine (2 Legs)
- Elevated Supine (1 Leg)
- Bird Dog
- Dynamic (Prone & Sides)
- 2-Point Side
- 3-Point Dynamic
- T-Stabilization Lock Out
- T-Stabilization Lock Out + Hyperextension
- T-Stabilization Lock Out + Abduction
- T-Stabilization Log Roll
- 2-Point Prone
- Stability Ball: (SB)
  - Supine
  - Supine Supported Leg Extension
  - Supine Hip Rotation
  - Supine Trunk Rotation
  - Prone Hip Rotation
  - Log Roll
- Medicine Ball: (MB)
  - 2-Hand Prone
  - 2-Point Side
  - 2-Point Side + Abduction
  - T-Stability Lock Out
  - SB Supine Trunk Rotation
- BOSU/Reebok Core Board \*(Use with selected exercises above)
- Partner Bridging

## ABS/Obliques/CORE:

- Seated Chair:
  - March
  - Reverse Crunch
  - Bicycling
  - Jack LaLanne Scissor Cross
- Bicycling Crunch
- Crunch
- Heel-to-Toe Curl Up
- Curl Up (Straight Legs)
- Curl Up (Elevated Legs)

# CORE Exercises

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)

## ABS/Obliques/CORE: (Continued)

- Cross Crunch
- Reverse Crunch
- Jack LaLanne Scissor Cross
- Russian Twist
- Starfish
- Squirm
- Side Bridge Crunch
- 'V' Up Crunch
- Dumbbells: (DB)
  - Side Bend
- Stability Ball: (SB)
  - Seated March
  - Cross Crunch
  - MB Twist
  - Prone Reverse Crunch
- Tubing/Cable Machine:
  - Chop (Low, Mid, High)
- Medicine Ball: (MB)
  - Russian Twist
  - Side Throw
  - Diagonal Throw
- BOSU/Reebok Core Board \*(Use with selected exercises above)
- Partner Crunch

## Back/CORE:

- Isometric Contraction
- 1-Leg Extension
- Superman Pointer (Alternating Limbs)
- Superman Pointer
- Superman Pointer (Flutter Kick)
- Bird Dog Extension
- Mountain Climber
- Stability Ball: (SB)
  - Hip Lift Extension
  - Bird Dog Extension
  - Chop Extension
  - MB Chop Extension
  - 3x30 Back/Shoulder Matrix
- Tubing/Cable Machine:
  - Extension
- Medicine Ball: (MB)
  - Behind Back Side Throw
  - Overhead Throw
- BOSU/Reebok Core Board \*(Use with selected exercises above)
- Partner:
  - Extension
  - 1-Arm Row:
    - Ankle Cross
    - Seated Lift

\* Ron Jones (8-4-05)