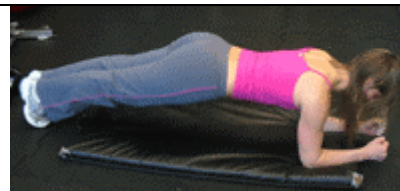




Hard Core

Plank: abdominals, back and shoulders

Starting position: Lift your body off the ground on your elbows and toes. Contract your abdominals and relax your shoulders. Remember to breath. Relax your neck.



Movement: No movement, just hold that plank position ... keep holding.

Side Plank: abdominals (especially transverse abdominus), back and shoulders



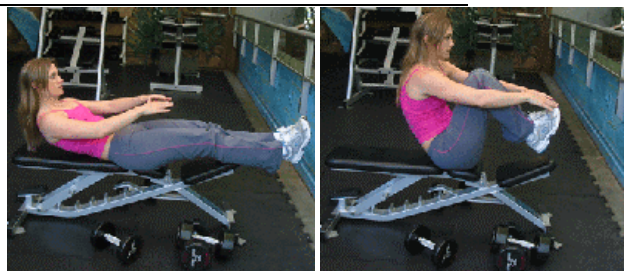
Starting position: Lift your body off the ground and balance on one forearm and the side of your foot. Contract your abdominals and relax your shoulders. And breath.

Movement: No movement, just hold that position ...keep holding.

V-Sit: rectus abdominus, obliques and hip flexors

Starting position: Sit on a bench with your shoulders and legs lifted.

Movement: Curl up and bring your knees in so you can reach your toes.



SILVA CHIROPRACTIC

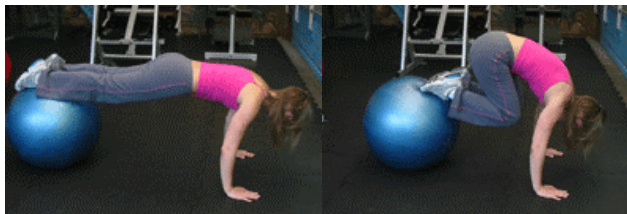


Dr. Shawn Silva, D.C.

Oblique Curl: obliques

Starting position: Lie on the ball with your feet pressed into the ground and knees bent at about 90°.

Movement: Slowly lift your shoulders and move your left shoulder to your right hip. Slowly lower back to starting position. Alternate sides.



Ab Pull In: abdominals, shoulders, chest, and transverse abdominus stabilizes

Starting position: Put your ankles together on the ball with your hands on the floor below your shoulders.

Movement: Pull your knees in towards your chest as you round your back.

Ball Pike: obliques, hip flexors and chest, transverse abdominus stabilizes

Starting position: Put your ankles on the ball and your hands on the floor beneath your shoulders.

Movement: Flex at the hips while maintaining straight legs so that the ball rolls in as your hips move up towards the ceiling.



Ball Ab Curl: rectus abdominus



Starting position: Lie on the ball with your feet pressed into the ground and knees bent at about 90°.

Movement: Slowly lift your shoulders and move your rib cage towards your pelvis. Do not bend at the hips. Slowly lower back to starting position.