

CORE STRENGTH KIT

EXERCISE GUIDE

TRUNK CURL



START



FINISH

START: Lie with low back on top of ball. Bend legs, position feet flat on floor shoulder-width apart. Bend arms and place hands behind head.

FINISH: Keep ball stationary, tighten abdominal muscles, slowly raise head and shoulders up and forward while pulling ribs down toward hips. Hold 1-2 seconds and slowly return to start position.

KICK-BACK LUNGE



START



FINISH

START: Stand and balance on one leg. Bend opposite leg and position top of foot on top of ball. Stand upright and straighten arms along sides of body.

FINISH: Press top of foot into ball; slowly straighten leg behind body and roll ball across floor while bending opposite leg and arms and arching low back. Hold 1-2 seconds and slowly return to start position.

PLANK MOUNTAIN CLIMBER



START



FINISH

START: Bend arms and place elbows and hands on top of ball. Straighten legs and position toes on floor hip-width apart.

FINISH: Keep ball stationary, tighten abdominal muscles, lift foot off floor, slowly bend leg and bring knee toward ball. Hold 1-2 seconds, slowly return to start position, and repeat with opposite leg.

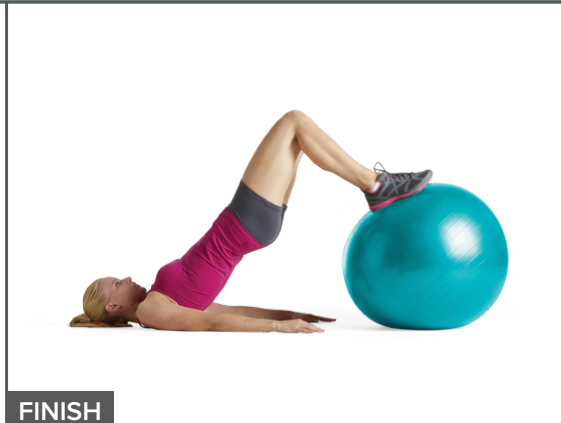
CORE STRENGTH KIT

EXERCISE GUIDE

LEG CURL



START



FINISH

START: Lie on back on floor, position heels on top of ball hip-width apart with arms straight on floor along sides of body. Tighten low back and buttocks, and slowly lift hips upward while arching low back and straightening body.

FINISH: Press heels into ball, lift hips upward and slowly bend legs while rolling ball across floor and bringing heels toward buttocks. Hold 1-2 seconds and slowly return to start position.

BACK EXTENSION



START

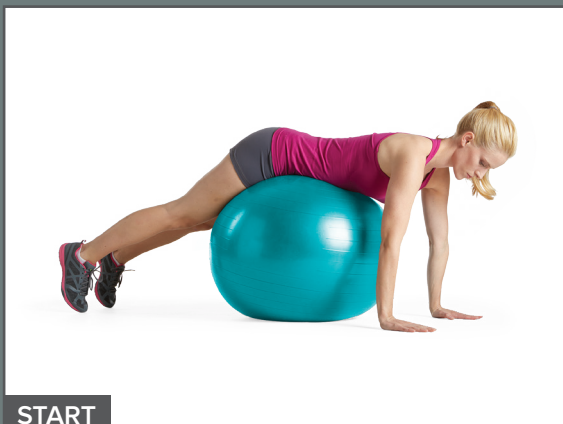


FINISH

START: Lie on stomach on top of ball. Bend legs, position toes on floor shoulder-width apart. Bend arms and place hands behind head.

FINISH: Keep ball stationary, tighten low back muscles, and slowly raise head and shoulders upward while arching low back and squeezing shoulder blades together. Hold 1-2 seconds and slowly return to start position.

HIP EXTENSION



START



FINISH

START: Lie on stomach on top of ball. Straighten legs, position toes on floor hip-width apart. Straighten arms and place hands directly below shoulders.

FINISH: Keep ball stationary, tighten low back and buttocks, and slowly lift straight legs upward to hip height. Hold 1-2 seconds and slowly return to start position.

CORE STRENGTH KIT

EXERCISE GUIDE

ARM CURL



START



FINISH

START: Sit on floor with knees comfortably bent. Place the Resistance Band around both feet (or one foot if increased length is desired) and grasp each end, palms facing in, arms extended forward toward legs.

FINISH: Keep elbows stationary, bend arms and pull hands toward shoulders while turning palms upward. Hold 1–2 seconds and slowly return to start position.

SHOULDER PRESS



START

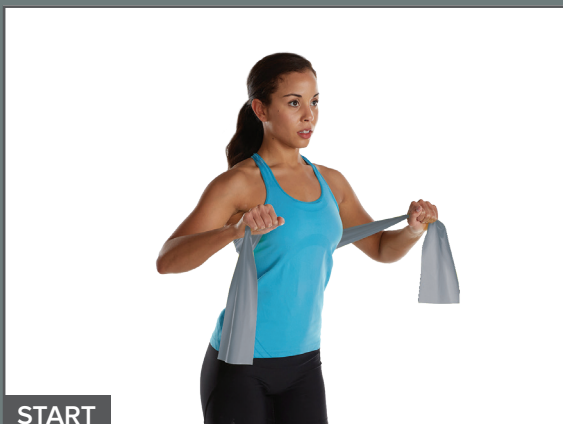


FINISH

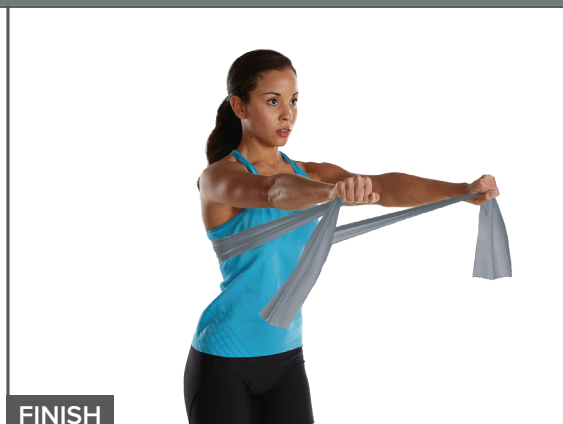
START: Sit on floor with knees comfortably bent. Place the Resistance Band under the buttocks. Hold band with both hands and position just above shoulders. Keep palms facing forward and band along inside of upper arms.

FINISH: Press arms up and back overhead while turning palms toward each other. End with arms directly over shoulders. Hold 1–2 seconds and slowly return to start position.

CHEST PRESS



START



FINISH

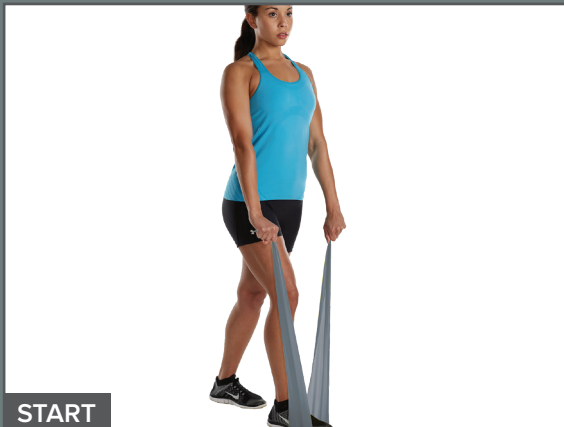
START: Sit on floor with knees comfortably bent. Place the Resistance Band behind the back just below the shoulder blades. Hold band with both hands and position in front of shoulders, palms facing in.

FINISH: Press both arms forward, rotating the shoulders inward during the movement, ending with palms facing down. Keep shoulder blades together through entire movement. Hold 1–2 seconds and slowly return to start position.

CORE STRENGTH KIT

EXERCISE GUIDE

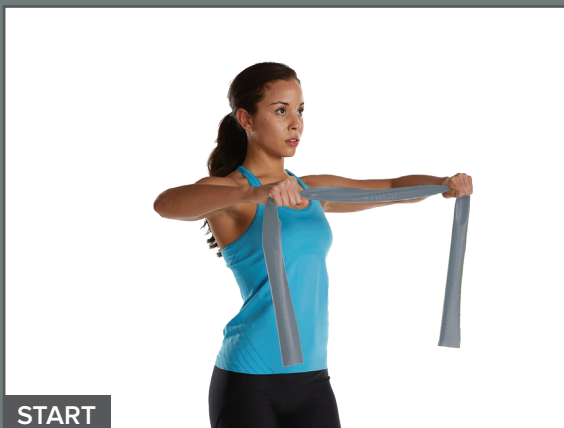
UPRIGHT ROW



START: Stand with one foot slightly in front of body and bend knee with opposite leg straight and positioned slightly behind body. Hold ends of the Resistance Band and straighten arms along sides of body. Place bottom of front foot on middle of band firmly in floor.

FINISH: Bend arms and raise up in front of body to shoulder height. Hold 1-2 seconds and slowly return to start position.

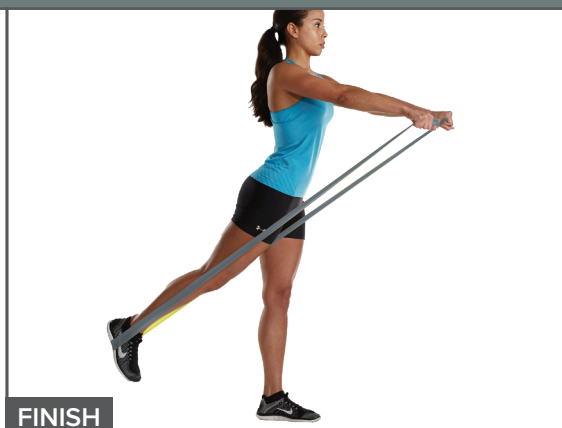
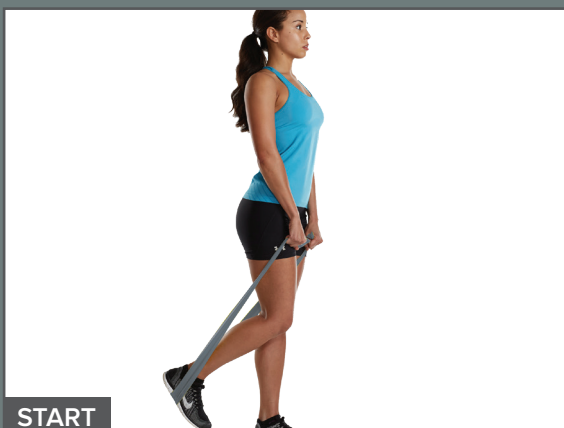
ARM EXTENSION



START: Sit on floor with knees comfortably bent. Hold the Resistance Band with both hands, keeping arms bent, elbows at shoulder height, and palms facing down.

FINISH: Keep elbows stationary, straighten arms until hands are aligned with shoulders, being careful not to lock the elbow joint. Hold 1–2 seconds and slowly return to start position.

KICK BACK FRONT RAISE



START: Stand with feet hip-width apart, hold ends of the Resistance Band and straighten arms along sides of body. Place bottom of foot on middle of band and bend leg while balancing on opposite leg.

FINISH: Simultaneously straighten leg down and back behind body while raising arms up and forward in front of chest. Hold for 1-2 seconds and slowly return to start position.