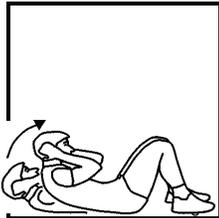
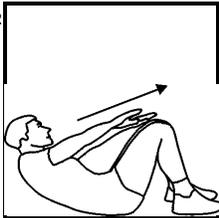
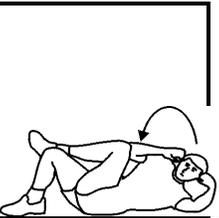
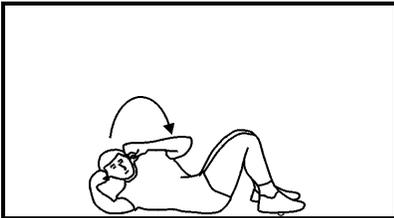
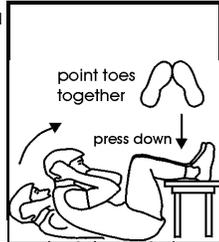
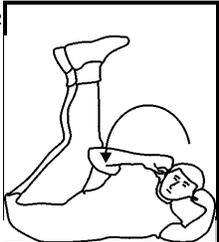
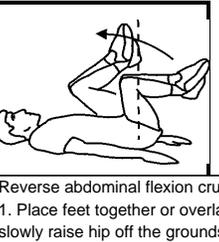
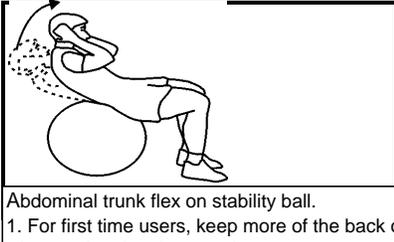


Name: Steven Smith Program: Core - Part 1 Consultant: Mike Jones-NPI-Certified Posture Specialist

				<p>Result</p>
<p>Abdominal trunk flexion "crunch"</p> <p><b>Set 1</b> 1. Hands behind head, gently holding head in neutral position. Try to maintain during all repetitions.</p> <p><b>Set 2</b> 2. Keep abs contracted</p> <p><b>Set 3</b> 3. As fatigue sets in, elbows will begin to move toward center.</p> <p><b>Set 4</b> 4. <b>Foundation building exercise: Build to 50 reps</b></p> <p>Note:</p>	<p>Abdominal trunk flexion "crunch"</p> <p>1. Variation of basic hands behind crunch.</p> <p>2. arms can be placed along body @ higher and lower positions or even overhead depending on how high you want to make the difficulty level.</p>	<p>Oblique training with spinal rotation and flexion</p> <p>1. 1. Hands behind head, gently holding head in neutral position. Try to maintain during all repetitions.</p> <p>2. Start by focusing on on side first, then switch to other.</p> <p>3. <b>Foundation building exercise: Build to 50 reps on each side.</b></p> <p>Note:</p>	<p>Oblique training with spinal rotation and flexion</p> <p>1. 1. Hands behind head, gently holding head in neutral position. Try to maintain during all repetitions.</p> <p>2. Start by focusing on on side first, then switch to other.</p>	<p>Result</p>
 <p>point toes together</p> <p>press down</p>				<p>Result</p>
<p>Trunk flexion</p> <p>1. Try to find a bench that you can lay your feet on or place feet @ a 90° against the wall.</p> <p>2. NOTE: Feet do not need to press down to bench, on the contrary, try to hold your feet up as much as possible using your abdominal area to maintain stability</p> <p>3. <b>Foundation building exercise: Build to 25-50 reps</b></p>	<p>1. Oblique rotation training w/ straight legs</p> <p>2. Variation: Place feet against wall to take off any pressure on lower back. Keep legs against wall so legs are forming a 70 to 80° angle from the floor.</p> <p>3. <b>Foundation building exercise: Build to 25-50 reps</b></p>	<p>Reverse abdominal flexion crunch</p> <p>1. Place feet together or overlap, slowly raise hip off the grounds and bring knees toward chest, hold and then lower to starting position.</p> <p>2. Maintain posture throughout w/ shoulders retracted.</p> <p>3. Control speed to reduce momentum</p> <p>4. <b>Foundation building exercise: Build to 25-50 reps</b></p> <p>Note:</p>	<p>Abdominal trunk flex on stability ball.</p> <p>1. For first time users, keep more of the back on the ball when performing the crunch.</p> <p>2. To increase tension, lay the middle of the back toward the center of the ball. To decrease tension, bring middle of back lower down on ball.</p> <p>3. <b>Foundation building exercise: Build to 25-50 reps</b></p>	<p>Result</p>

Remark: 1. Building a series of Abdominal exercises into an individuals exercise program will enhance their health and fitness level. I have organized for my clients a series of exercises that will isolate the rectus abdominus and train the internal/external obliques. The key with training the trunk area is to teach/sequence exercise movements that your client/member can do comfortable to learn how to isolate, contract, and co this specific area. Once they have been able to do 50 basic crunches successfully, you may then begin to add more progressively challenging exercises. Remember, in many instances you will want to teach new movements based upon the members individuals goals, health, strength, and neural abilities.