

### 1A) Wipers (straight legs)



(get your feet as close to the floor as possible without touching; keep your legs at 90 degrees to your body)

### 1B) Rotational renegade row



(hold body still; don't rotate)



(rotate as far round as you can go)

### 1C) Ball switch



(hands + ball as close to floor as possible)



(PASS from hands to feet; legs straight)



(feet + ball as close to floor as possible)

## 2A) Pull-in on fitball



(don't let the lumbar area sag)



(try not to let your backside rise as you bring the ball in)

## 2B) Fitball butt raise



(push up so everything is in line)



(don't let your pelvis move)



(then drop backside to floor and repeat)

## 2C) Jack-knife on fitball



(easier to start with ball on shins)



### 3A) Alternating leg lift



(but with right leg straight leg on floor)



(push hips up to raise right leg, keeping ankle, knee, hip and shoulder in line)



(change feet while holding the body still)



(left leg out, then butt down to floor)  
(repeat)

### 3B) Plank



(don't let your pelvis tip forward and your lower back arch as this lady has slightly)

(progression: lift one foot, then alternate)

### 3C) Oblique crunch (left)



(don't start the movement with your arms/head)

### 4A) Press up on fitball



(feet up on bench or a second fitball. Push right out at the top.)

### 4B) Barbell rotation



(sitting on fitball. Emphasise the changes of direction.)

### 4C) Angels on fitball



(lying on fitball, up and hold for 3 secs then change hands/feet; don't let the body snake)

### 5A) 1 arm elastic push



(hold the non-exercising arm horizontally out in front of you pointing in the direction you are going to push)

(use trunk rotation and arm push)

### 5B) Barbell roll out



(the smaller the disc the harder the exercise; can start from feet)

(hold the lower back flat; move the hips forward as the bar rolls out)

### 5C) Oblique lift



(holding disc or medicine ball)

(alternate sides each rep)

### 6A) Erg suspension



(the aim is to hold a good position; if your lower back does collapse, sit back down, reset and then suspend again)

### 6B) 1 arm elastic pull



(hold the non-exercising arm horizontally out in front of you pointing against the direction you are going to pull)  
  
(use trunk rotation and arm pull. Emphasise the sequence.)

### 6C) Oblique crunch (right)



(don't start the movement with your arms/head)

### 7A) Russian twist



(bent knees, feet off bench; keep the disc in the same position relative to the body and rotate)

### 7B) YTWL



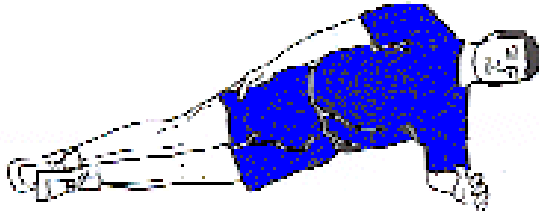
(face down on the bench; 5 reps in each position [arms forming the letters when looked at from above]; start with arms horizontal then drop them 6 inches or so, and lift them back up by moving the scapula)

(on the Y and T palms forward, thumbs up; on the W and L palms down)

### 7C) 2 leg, 1 arm pull



### 8A) Side plank (left)



(keep ankles, knees, hips and shoulders in a straight line; don't let the top shoulder fall forward)

(progressions: on your hand; raise and lower the top leg; hold the top arm straight up in the air)

### 8B) Superman



(up and hold for 3 seconds, then relax back to the floor and repeat)

### 8C) Pelvic lifts



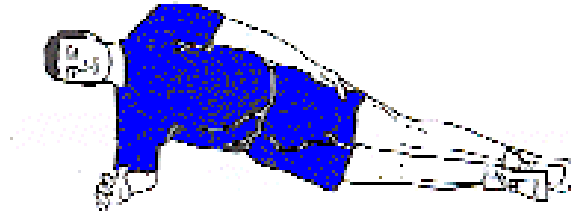
(keep legs straight and feet over hips. Don't swing the feet to gain momentum for the movement)

## 9A) Bicycling



(knee to opposite elbow.  
Straighten the other leg.)

## 9B) Side plank (right)



(keep ankles, knees, hips and  
shoulders in a straight line;  
don't let the top shoulder fall  
forward)

(progressions: on your hand;  
raise and lower the top leg; hold  
the top arm straight up in the  
air)

## 9C) Glute kickbacks



(both hands on floor. Keep pelvis still.)



(knee at 90 degrees, thigh to horizontal.  
Don't let lumbar region sag.)

### 10A) Crunch



(feet up on bench,  
holding weight)

(don't start the movement with  
your arms/head)

### 10B) Kettlebell swing



(move the bell with the hips)

### 10C) Hanging leg raise



(get knees as close to the chest  
as you can)

(you can hang from a barbell  
under your armpits)