

CORE EXERCISES

Swiss Ball Trunk Extension

Target Muscles: Spinal erectors and transversospinalis group

Alignment/Positioning:

1. Lie prone on ball with legs spread comfortably (shoulder width apart) and feet braced on floor.
2. Bend spine comfortably over ball and place arms either to your sides for balance, or over head for added resistance.
3. Begin with a full breath of air, chest just off the ball, and tension on the extensors (“engage your core”).

Motion/Stabilization:

1. Slowly begin to exhale as you pull your shoulder blades together and back (imagine you’re one thoracic vertebrae at a time; do not hyperextend your lower back)
2. Hold the top position. Slowly begin to exhale as you lower the torso back down to the starting position; maintain your head position and keeping the tension on the extensors.

Spotter Techniques:

1. Monitor spine and pelvic position.

Half Ball Trunk Lateral Flexion

Target Muscles:

Spinal Lateral Flexors, Internal Obliques, Ipsilateral Spinal Flexors and Trunk Extensors

Alignment/Positioning:

1. Lie on your side over the half ball with the bottom leg placed in front of the body and the top leg straight and slightly behind the body.
2. Bend the spine comfortably over the ball and place the bottom arm overhead and the top arm against the body or overhead (for added resistance).

Motion/Stability:

1. Start with a full breath, engage your core, and slowly begin to exhale as you pull your lower ribs toward the crest of your pelvic girdle, one vertebrae at a time.
2. Pull the trunk up and over the ball as far as possible without flexing or extending the spine (continuing to exhale).

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3. Hold position, then slowly begin to inhale while lowering torso back down to starting position (Make sure you keep the tension on the lateral flexors).

Spotter Techniques:

1. Monitor spine/pelvic positioning/head movement.

Cable Trunk Rotation with Pull

Target Muscles:

Posterior oblique subsystem, spinal rotators, and shoulder scapular pulling muscles.

Alignment/Positioning:

1. Stand in a lunge position, with the back leg straight. Lean the trunk forward, placing weight over the lead leg while maintaining good posture.
2. Grasp handle with the opposite hand of the lead leg and beginning with a straight arm and perpendicular to trunk (elbow facing out).
3. Draw in a deep breath and begin with the trunk rotated, pelvis and head should be squarely aligned.

Motion/Stabilization:

1. Slowly begin to exhale, activate core, and rotate the spine while pulling the arm out and back (keep head and pelvis straight).
2. Rotate the spine and pull the arm back while continuing to exhale and contracting core.
3. Hold, then slowly begin to inhale while rotating the torso back around and down to the starting position, (maintain head and pelvis position)

Spotter Techniques:

1. Monitor spine and pelvic positioning.
2. Monitor spine and head for any movement.

Cable Trunk Rotation with Press

Target Muscles:

Anterior oblique subsystem, rectus abdominis, transversospinalis group, shoulder and scapular pushing muscles.

Alignment/Positioning:

1. Grasp the upper pulley handle and step forward with the opposite leg into a lunge position, with the back leg straight and the trunk leaned forward while maintaining good posture.

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2. Position the arm up and aligned perpendicularly to the trunk (elbow facing out).
3. Begin with the spine rotated and the feet, pelvis, and head squarely aligned.

Motion/Stabilization:

1. Slowly begin to exhale, activate core, and rotate the trunk while pressing the handle down and around. Keep the elbow pointed out and keep the head and pelvis straight.
2. Continue to rotate the spine and press the hand down while continuing to exhale.
3. Hold, then slowly begin to inhale while rotating the torso back around and up to the starting position. (Maintain head and pelvis position)

Spotter Techniques:

1. Monitor spine and pelvic positioning.
2. Monitor spine and arm for any movement.