CORE AND MORE

دکتر حمید رجبی
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تابستان 1400

اهمیت تمرین مقاومتی

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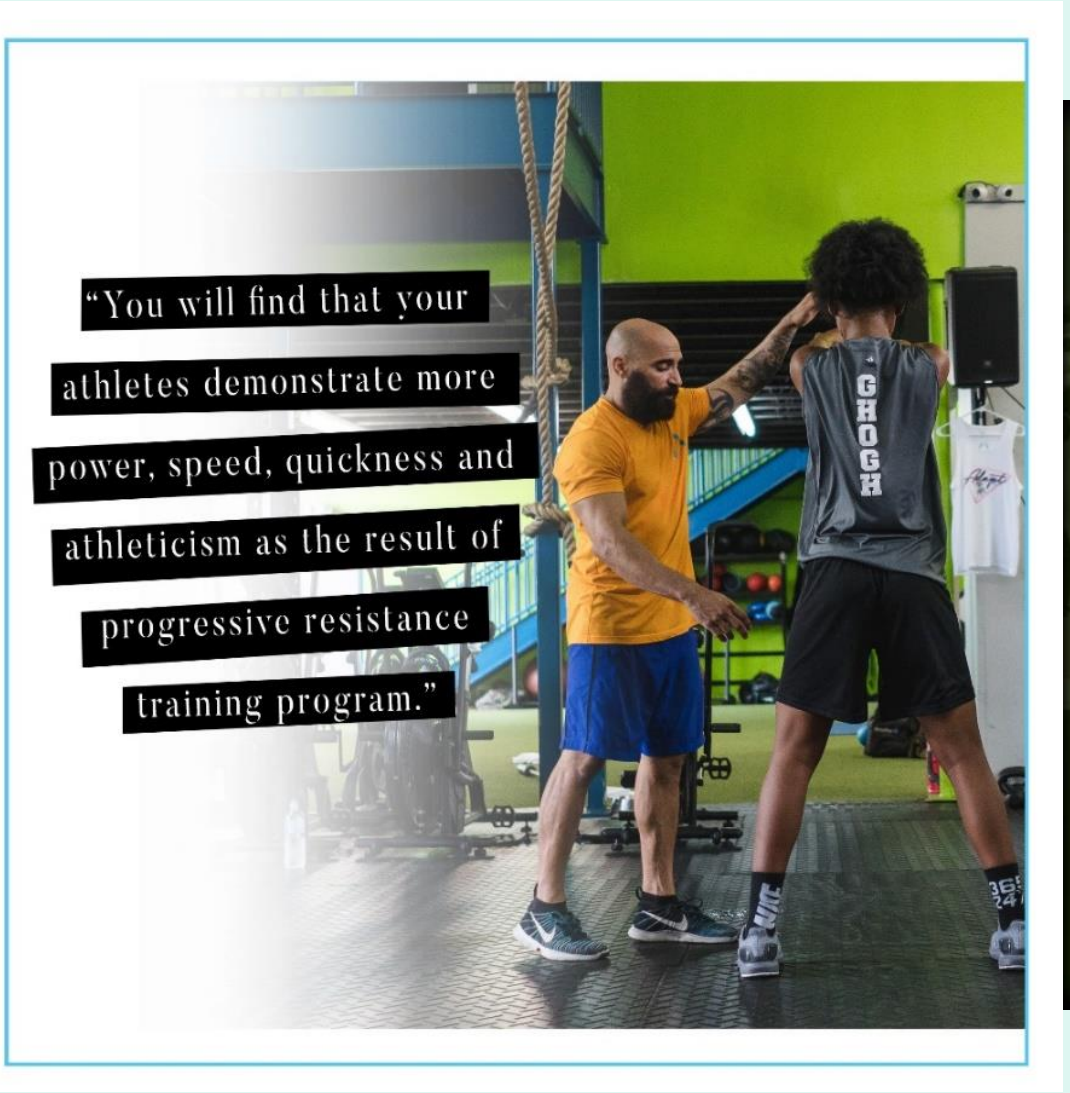
- تندرستی
- آمادگی عضلانی
- عملکرد ورزشی
- ثبات مفصلی



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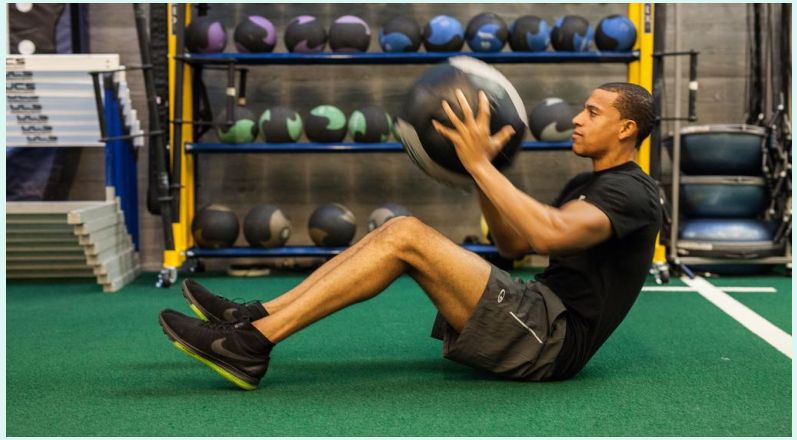
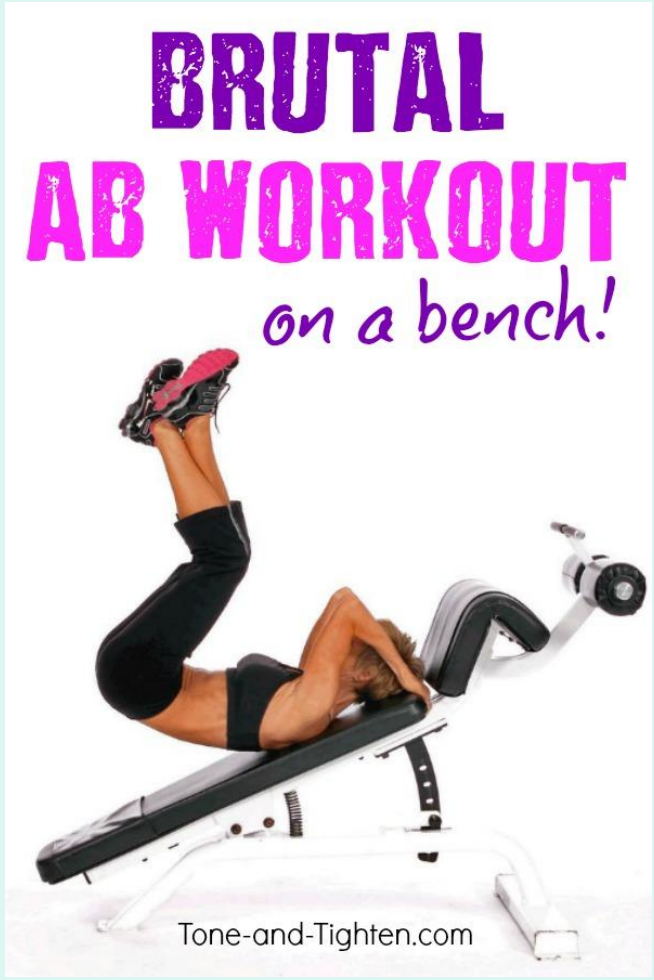
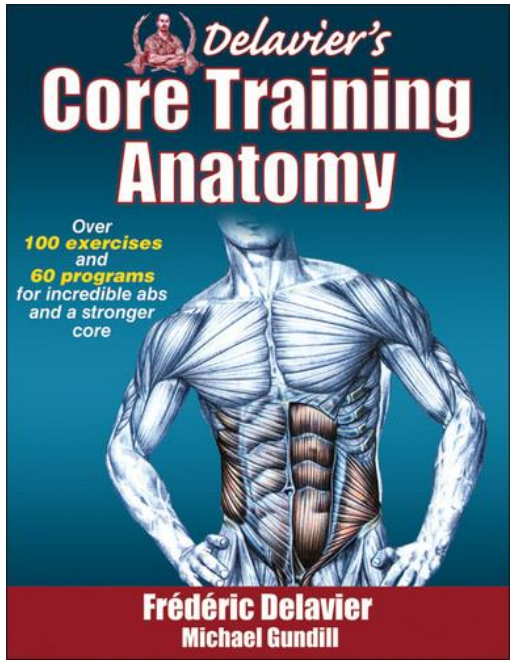
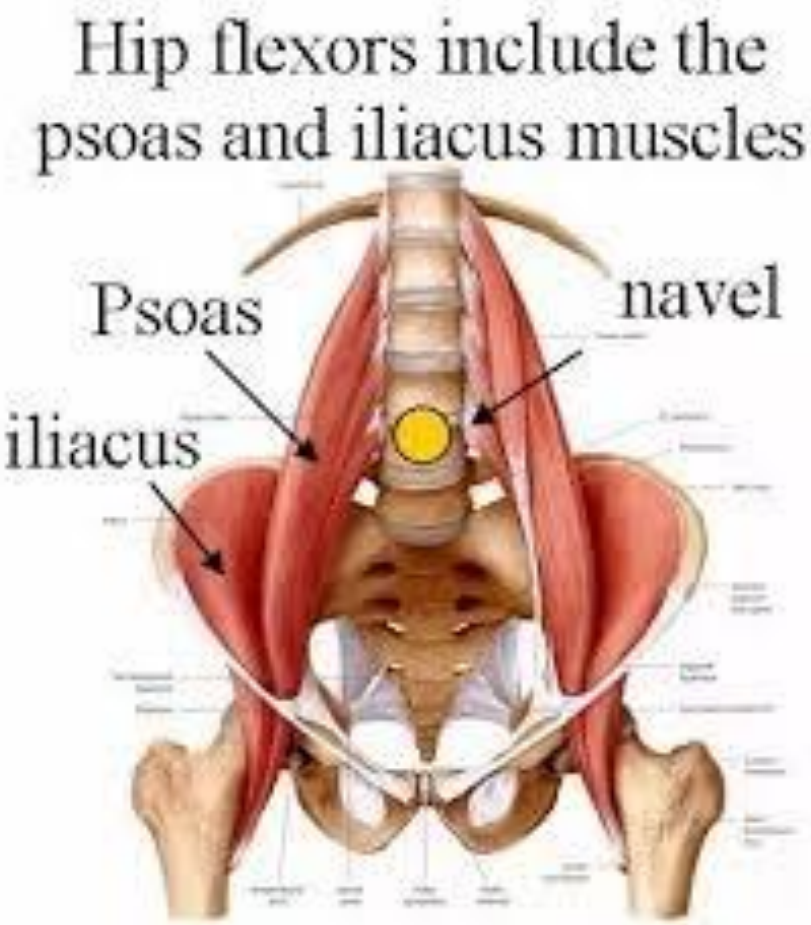




- تعیین حداکثر قدرت
- اضافه بار
- اصل موجی بودن فشار تمرین
- قدرت مرکزی
- ارایش حرکات
- ویژگی تمرین
- دوره بندی تمرین

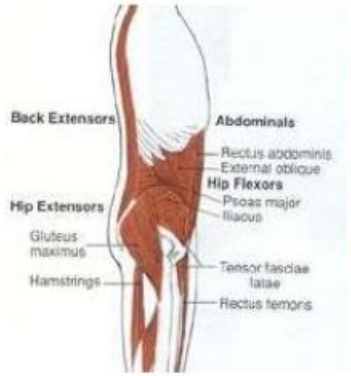
آناتومی ناحیه مرکزی بدن





آناتومی ناحیه مرکزی

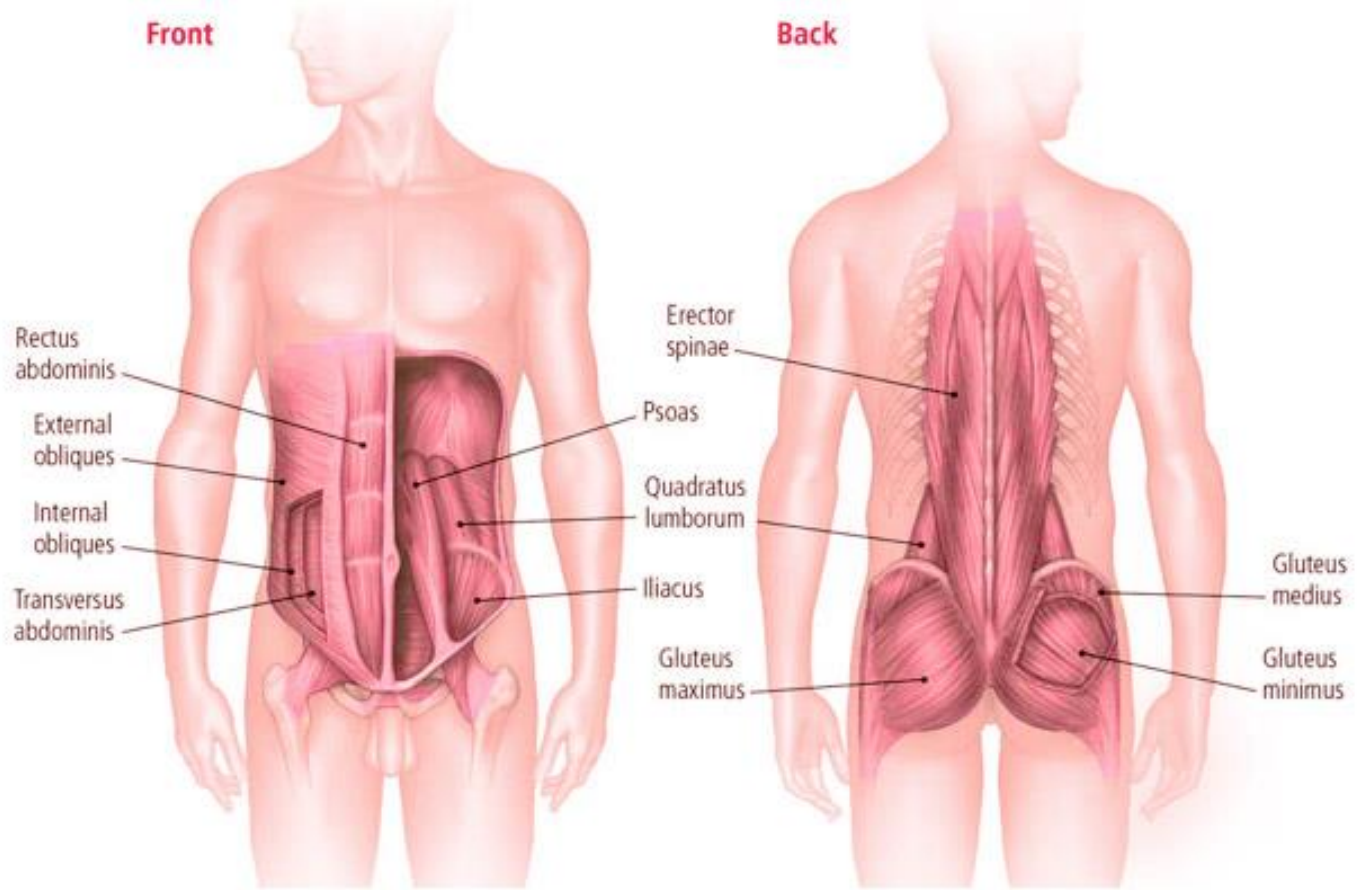
Components of the Core



- Deep Lumbar spine stabilizer muscles
- Abdominal muscles
- Muscles of the lower and middle back
- Hip muscles
- Thoracolumbar fascia

Kibler,W.B., Press J. and Sciascia, A. (2006) The Role of Core Stability in Athletic Function. Sports Med 36 (3): 189-198 [full text]

Core Stability



اهمیت تقویت ناحیه مرکزی بدن

Why is Core Stability important?

Performance

- The core is a vital link in the “kinetic chain”
- Stabilization and force transmission
- Sport is multi-dimensional
- Sport requires stability and strength
- The evidence is limited...

Injury Prevention

- Muscles that prevent excessive movement protect the spine
- Dysfunction can arise from injury
- Assessments of trunk function can be used as risk factors for injury

Core Stability

Centration - Stabilization - Efficiency

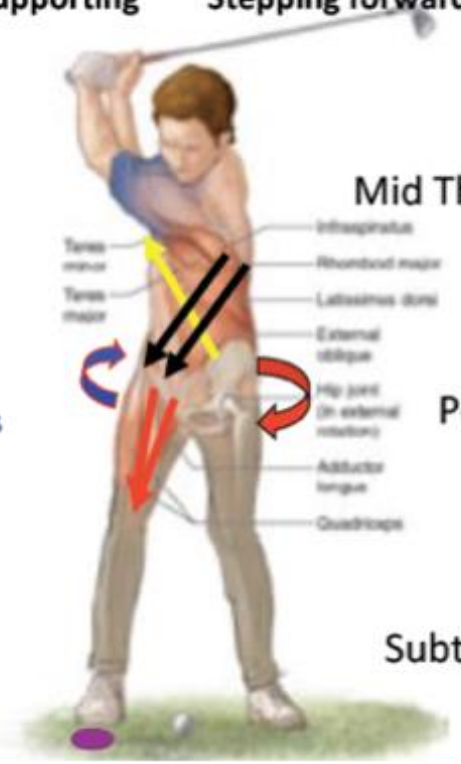
Trail side supporting **Target side Stepping forward**

Excentric c. of the 1st oblique m.ch

2nd.oblique muscle chain rotates the body Above the head of the hip

Excentric contraction of external rot. controls lateral stability in hip

Add. rotates pelvis around hip

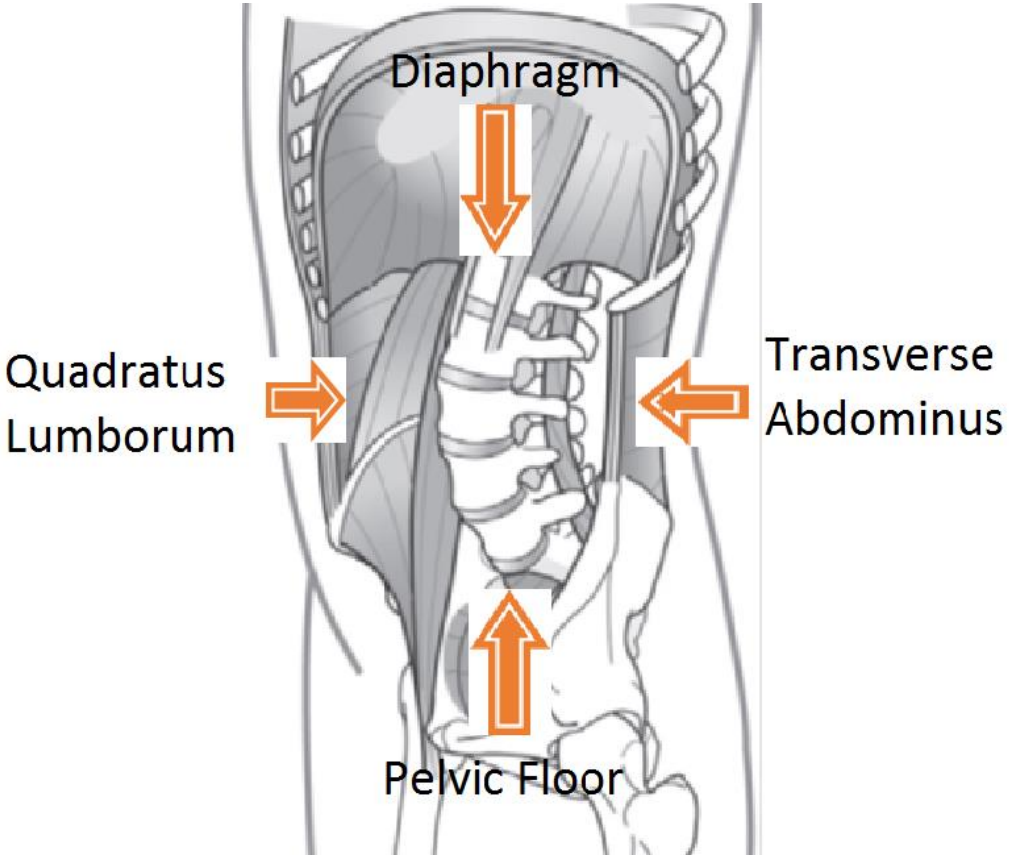


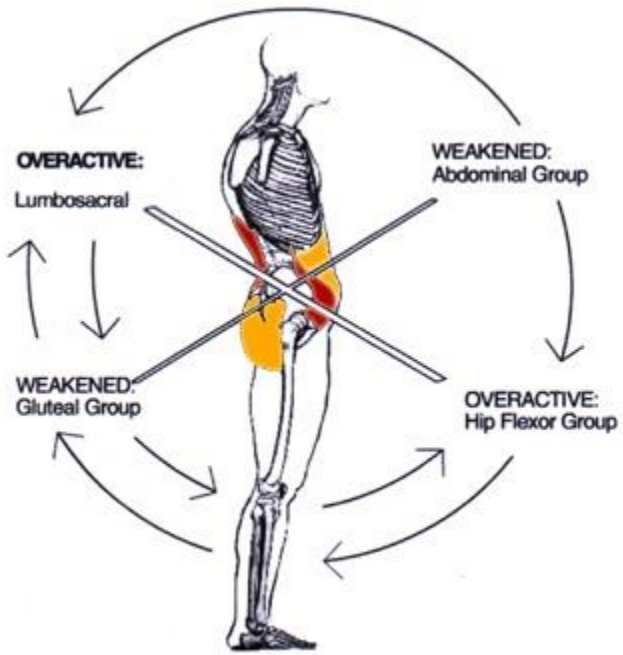
Mid Th spine **rotation**

Pelvis **rotation**

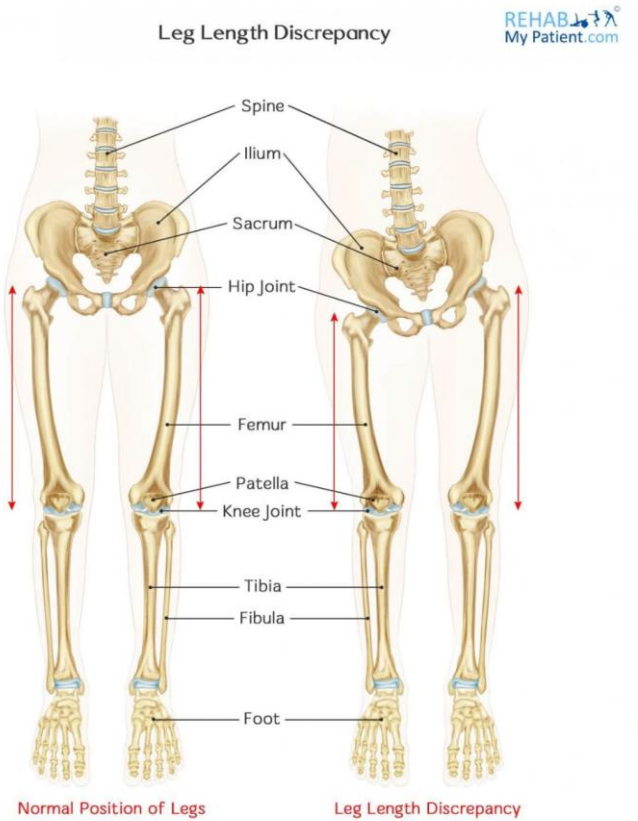
Subtalar joint **rotation**

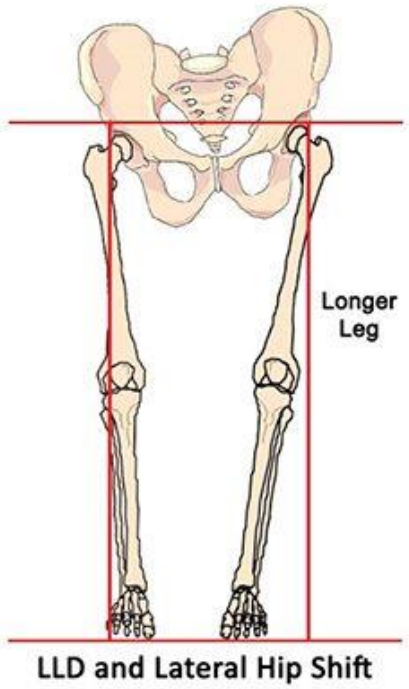
ضعف ناحیه مرکزی و کمر درد

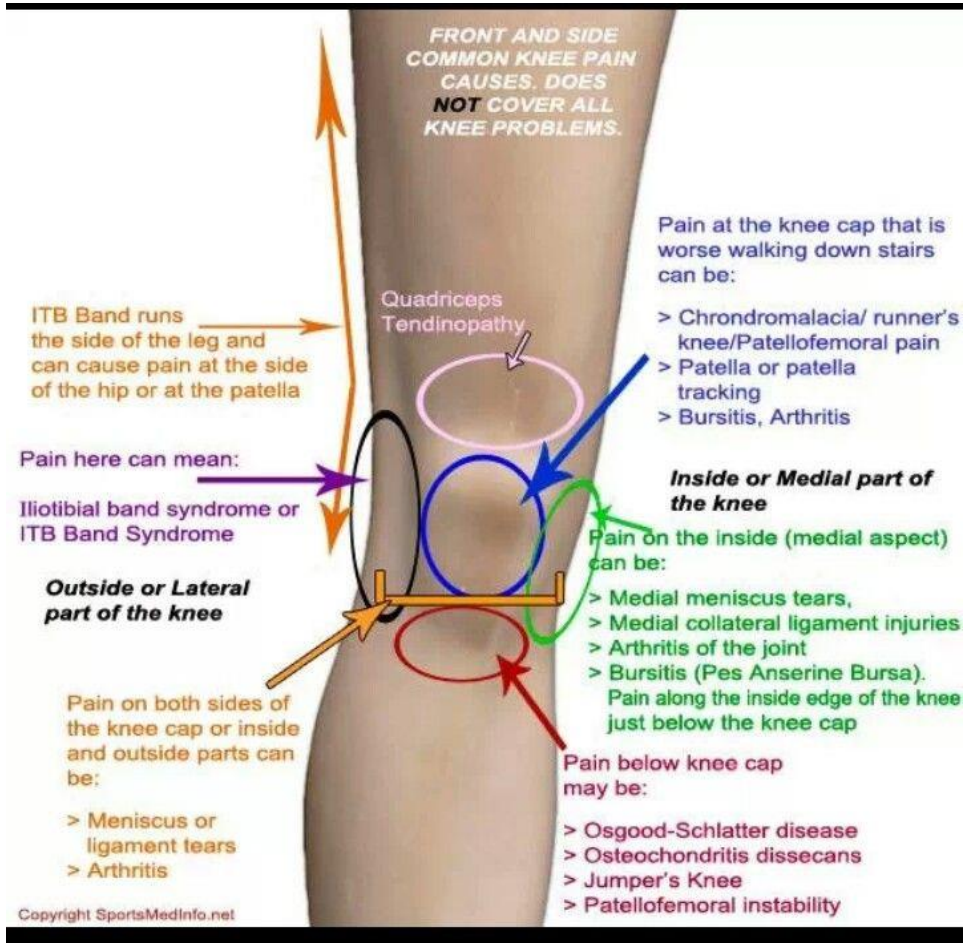




ضعف ناحیه مرکزی و آسیب های زانو







ضعف ناحیه مرکزی و آسیب زانو

VANDERBILT UNIVERSITY MEDICAL CENTER

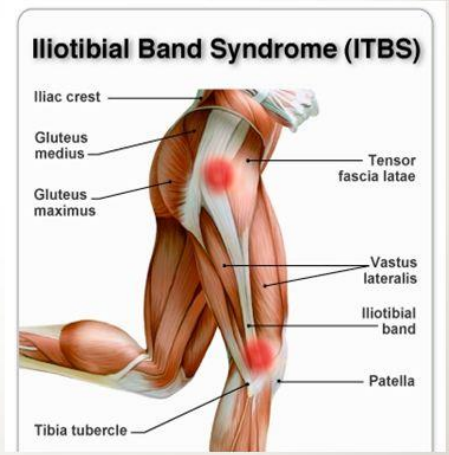
Iliotial Band (ITB)

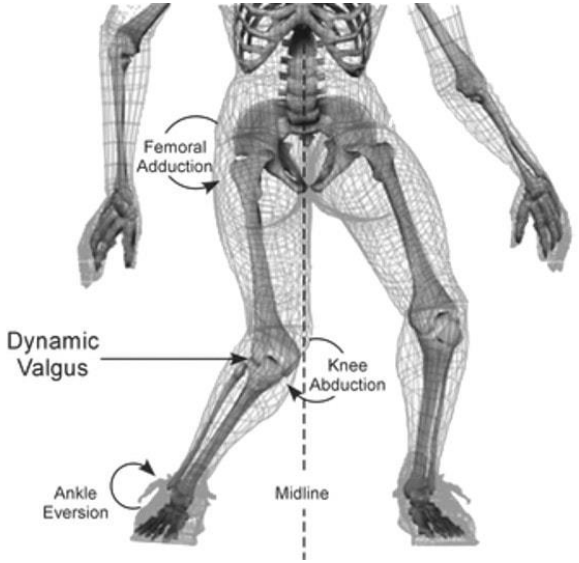
MOI

- "Runners Knee"
- Repetitive/overuse injury
- Mal-alignment or structural asymmetries
- Muscles imbalances
- Weak core a factor
- Can be the result of running on uneven roads
- Increase in activities
- Common in runners & bikers

Signs & Symptoms

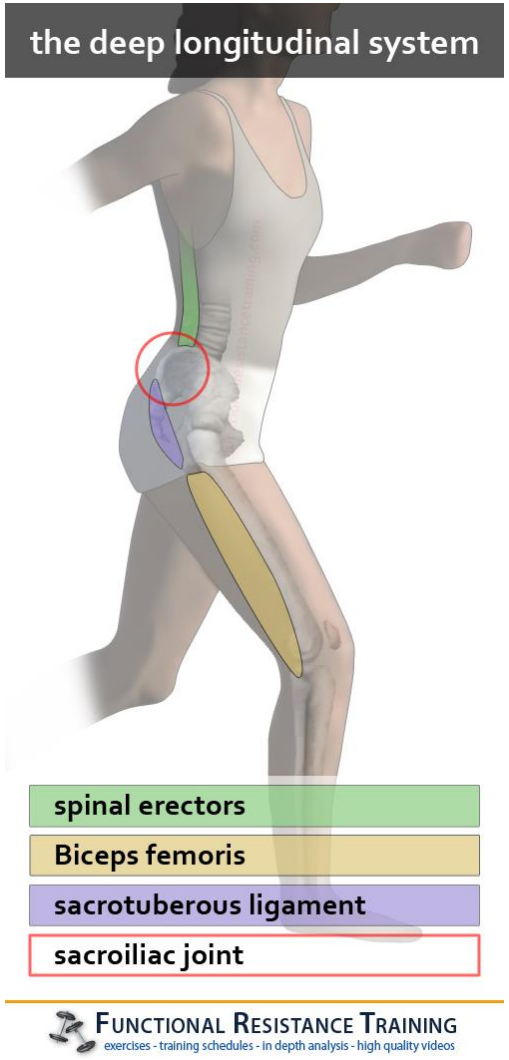
- Pain and tightness at the knee or hip



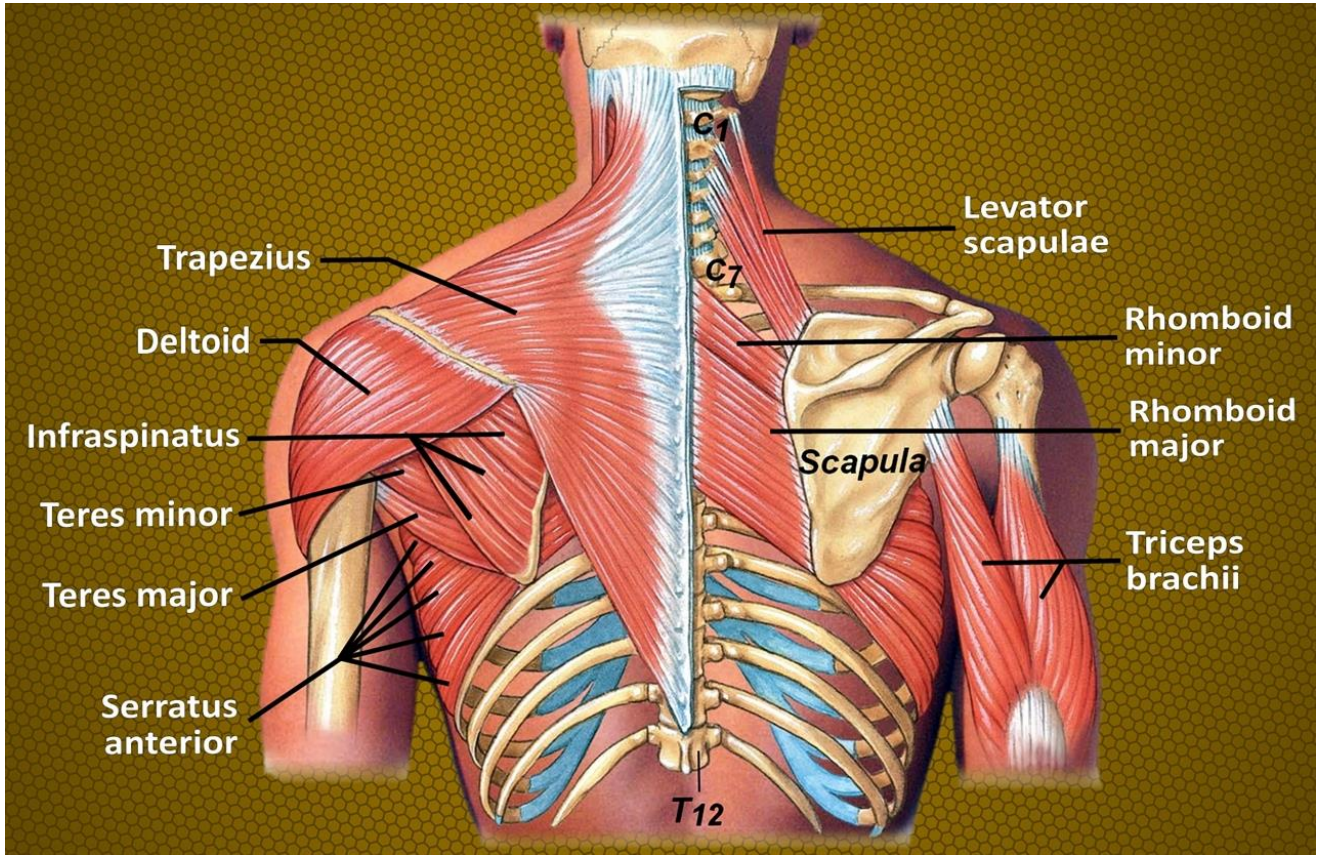


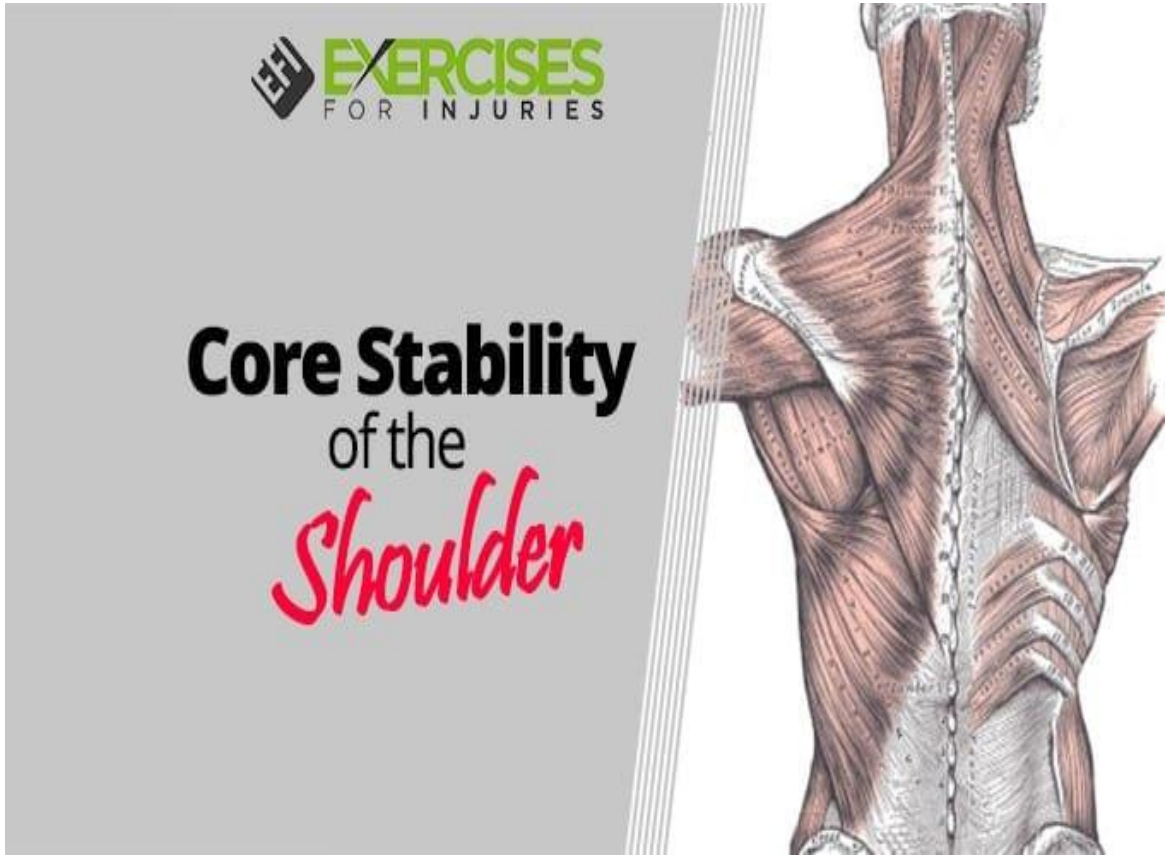
ACL Injury Risk is Tied to A Weak CORE...

ضعف ناحیه مرکزی و آسیب های مچ پا



ناحیه مرکزی و آسیب های شانه





ضعف ناحیه مرکزی و آسیب شانه

- **IS THERE A RELATION BETWEEN SHOULDER DYSFUNCTION AND CORE INSTABILITY?**
- Ahmed Radwan, PT, DPT, PhD,[1] Jennifer Francis, BS, DPT,[1] Andrew Green, BS, DPT,[1] Eric Kahl, BS, DPT,[1] Diane Maciurzynski, BS, DPT,[1] Ashley Quartulli, BS, DPT,[1] Julianne Schultheiss, BS, DPT,[1] Ryan Strang, BS, DPT,[1] and Brett Weiss, BBA, DPT[1]
- 2014 Feb .; 9(1): 8–13 **IJSPT**
- Criteria for parametric testing were met and a multi-variate analysis of differences was performed to compare the six dependent variables (Sorensen test, DLL test, right and left Side Plank tests, and right and left SLBT) between healthy participants (control group n = 47) and participants with shoulder dysfunction (experimental group n = 14). MANOVA was significant at p = .038 for the comparison between the experimental group and the control group for the right SLBT. The experimental group had significantly lower balance than the control group with means ± (SD) of 10.14 ± (5.76) and 18.98 ± (15.22) respectively. No other significant statistical differences were found between the remainder of the dependent variables.;

نیاز های مادر پس از زایمان

- سلامت عمومی جسمانی بدلیل یک دوره کم تحرکی
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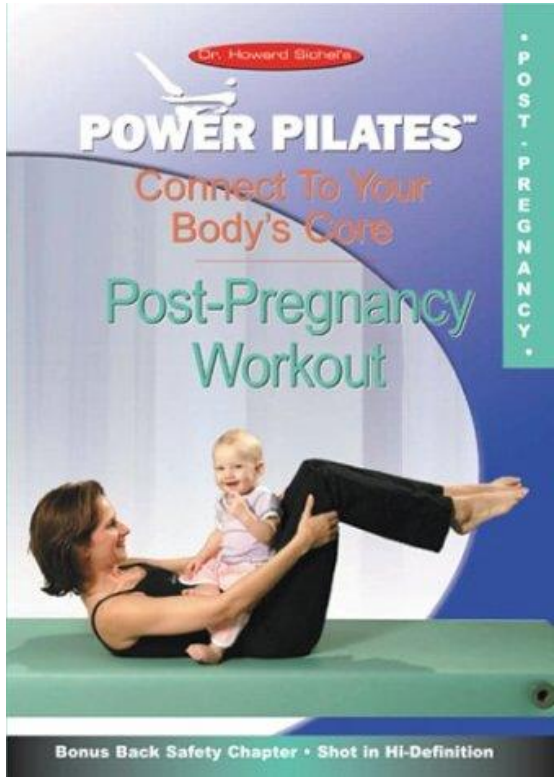

حرکات کیگل


KEGEL
EXERCISES


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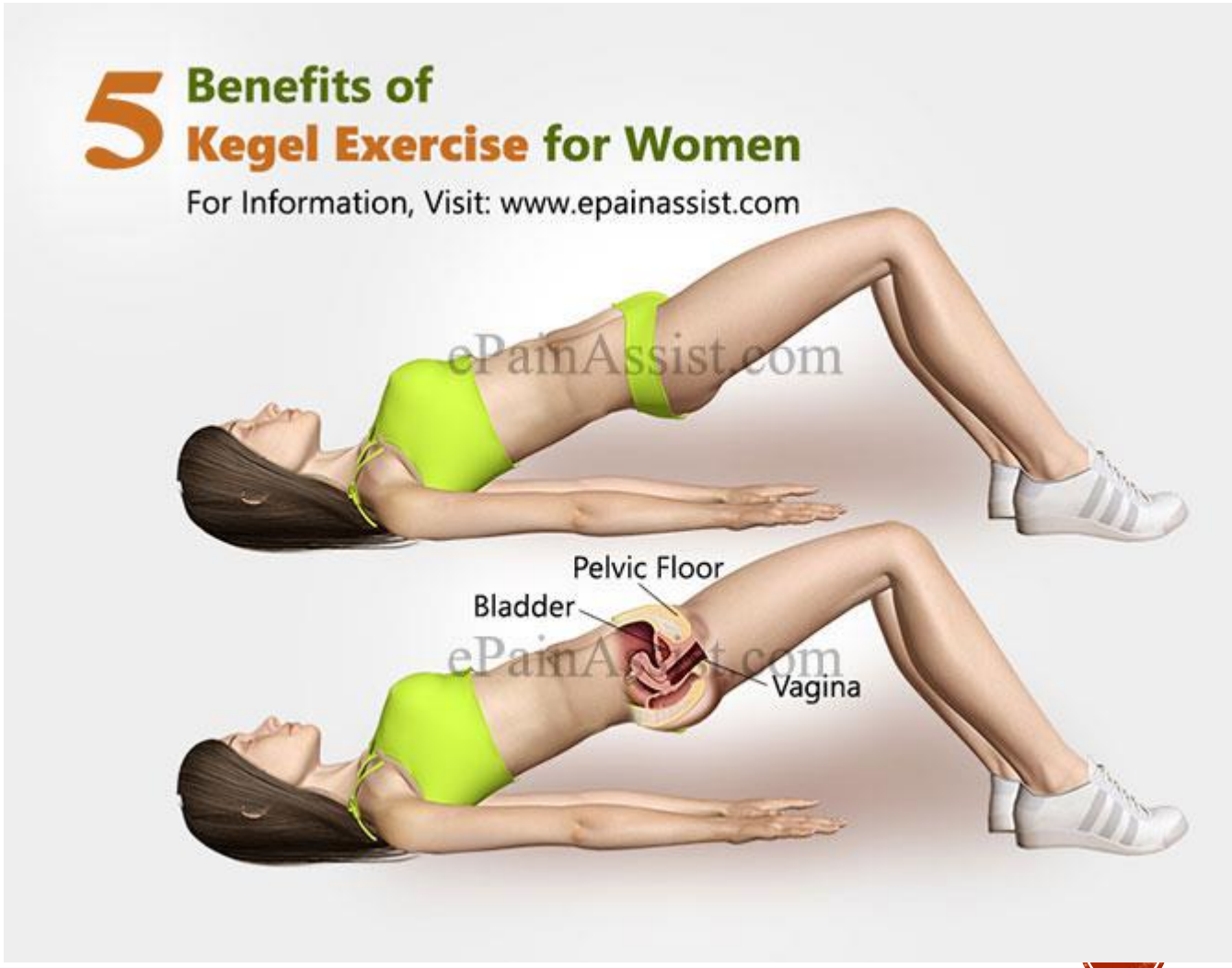
For Women


5 Benefits of
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Pelvic Floor
Bladder
Vagina

حرکات کیگل

پایداری ناحیه مرکزی و عملکرد ورزشی

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REVIEW ARTICLE

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Optimizing Performance by Improving Core Stability and Core Strength

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1 English Institute of Sport, Gateshead, UK
2 Canadian Sport Centre Pacific, Vancouver, British Columbia, Canada
3 University of Teesside, Middlesbrough, UK
4 School of Psychology and Sports Science, Northumbria University, Newcastle, UK

Contents

Abstract

Core stability and core strength have been subject to research since the early 1980s. Research has highlighted benefits of training these processes for people with back pain and for carrying out everyday activities. However, less research has been performed on the benefits of core training for elite athletes and how this training should be carried out to optimize sporting performance. Many elite athletes undertake core stability and core strength training as part of their training programme, despite contradictory findings and conclusions as to their efficacy. This is mainly due to the lack of a gold standard method for measuring core stability and strength when performing everyday tasks and sporting movements. A further confounding factor is that because of the differing demands on the core musculature during everyday activities (low load, slow movements) and sporting activities (high load, resisted, dynamic movements), research performed in the rehabilitation sector cannot be applied to the sporting environment and, subsequently, data regarding core training programmes and their effectiveness on sporting performance are lacking.

There are many articles in the literature that promote core training programmes and exercises for performance enhancement without providing a strong scientific rationale of their effectiveness, especially in the sporting sector. In the rehabilitation sector, improvements in lower back injuries have been reported by improving core stability. Few studies have observed any performance enhancement in sporting activities despite observing

Relationship Between Core Stability, Functional Movement, and Performance

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Exercise Physiology Laboratory, Athletic Training Department, Indiana State University, Terre Haute, Indiana

Abstract

Okada, T, Huxel, KC, and Nesser, TW. Relationship between core stability, functional movement, and performance. *J Strength Cond Res* 25(1): 252–261, 2011—The purpose of this study was to determine the relationship between core stability, functional movement, and performance. Twenty-eight healthy individuals (age = 24.4 ± 3.9 yr, height = 168.8 ± 12.5 cm, mass = 70.2 ± 14.9 kg) performed several tests in 3 categories: core stability (flexion [FLEX], extension [EXT], right and left lateral [LATr/LATl]), functional movement screen (FMS) (deep squat [DS], trunk-stability push-up [PU], right and left hurdle step [HSr/HSl], in-line lunge [ILLr/ILLl], shoulder mobility [SMr/SMl], active straight leg raise [ASLRr/ASLRl], and rotary stability [RSr/RSl]), and performance tests (backward medicine ball throw [BOMB], T-run [TR], and single leg squat [SLS]). Statistical significance was set at $p \leq 0.05$. There were significant correlations between SLS and FLEX ($r = 0.500$), LATr ($r = 0.495$), and LATl ($r = 0.498$). The TR correlated significantly with both LATr ($r = 0.383$) and LATl ($r = 0.448$). Of the FMS, BOMB was significantly correlated with HSr ($r = 0.415$), SMr ($r = 0.388$), PU ($r = 0.407$), and RSr ($r = 0.391$). The TR was significantly related with HSr ($r = 0.518$), ILLl ($r = 0.462$) and SMr ($r = 0.392$). The SLS only correlated significantly with SMr ($r = 0.446$). There were no significant correlations between core stability and FMS. Moderate to weak correlations identified suggest core stability and FMS are not strong predictors of performance. In addition, existent assessments do not satisfactorily confirm the importance of core stability on functional movement. Despite the emphasis fitness professionals have placed on functional movement and core training for increased performance, our results suggest otherwise. Although training for core and functional movement are important to include in a fitness program, especially for injury prevention, they should not be the primary emphasis of any training program.

Key Words power, agility, muscle endurance

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Introduction

Core stability is achieved through stabilization of one's torso, thus allowing optimal production, transfer, and control of force and motion to the terminal segment during an integrated kinetic chain activity (8,14,15,23). Research has demonstrated the importance and contributions of core stability in human movement (12) in producing efficient trunk and limb actions for the generation, transfer, and control of forces or energy during integrated kinetic chain activities (3,6,8,14,18). For example, Hodges and Richardson (12) examined the sequence of muscle activation during whole-body movements and found that some of the core stabilizers (i.e., transversus abdominis, multifidus, rectus abdominis, and oblique abdominals) were consistently activated before any limb movements. These findings support the theory that movement control and stability are developed in a core-to-extremity (proximal-distal) and a cephalo-caudal progression (head-to-toe) (8).

Functional movement is the ability to produce and maintain a balance between mobility and stability along the kinetic chain while performing fundamental patterns with accuracy and efficiency (20). Muscular strength, flexibility, endurance, coordination, balance, and movement efficiency are components necessary to achieve functional movement, which is integral to performance and sport-related skills (8,20). Direct and quantitative measures of functional movement are limited; however, Cook (9) proposes qualitative assessment to gain insight about whether abnormal movements are present, which purportedly translate to one's level of core stability and how it impacts performance or injury. To determine whether relationships truly exist between core stability and performance, functional movement and individual components of performance, including power, strength, and balance, must be assessed. However, relationships between these variables have not been established. One explanation for the lack of evidence may be a result of the fact that universal definitions and testing methods do not exist (1,2,20,25,26,28). We hypothesized that there would be a significant relationship between core stability and functional movement and between functional movement and performance. Also, a positive relationship would exist between core stability and functional movement.

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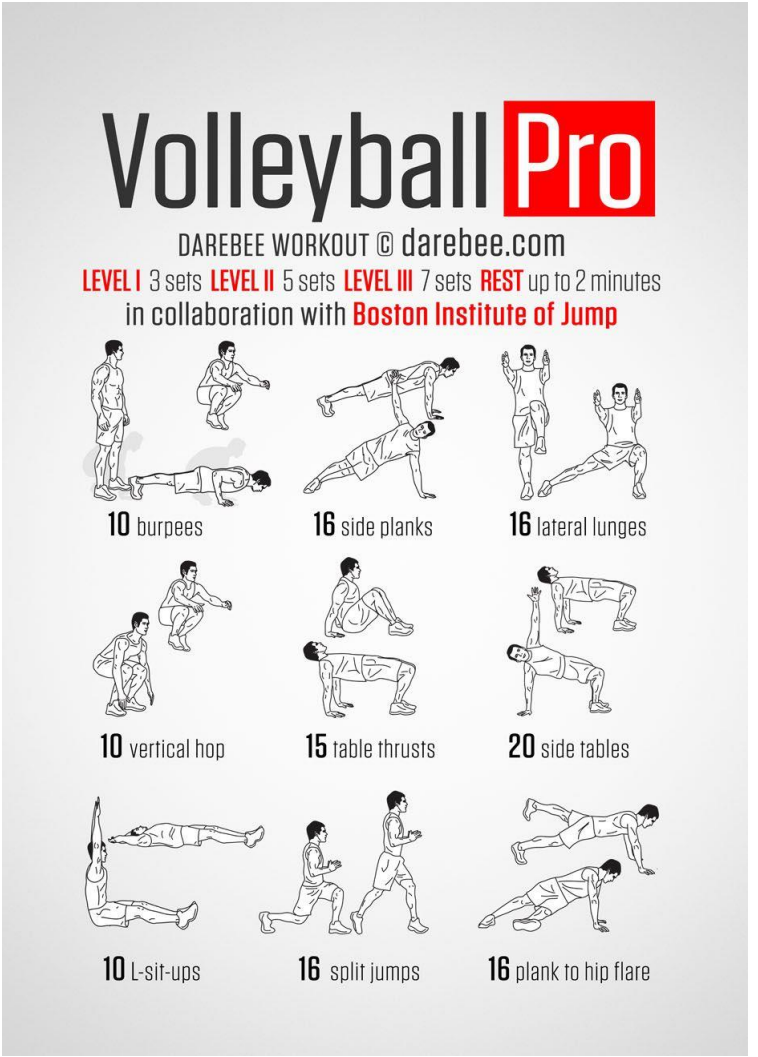
عملکرد والیبال و پایداری ناحیه مرکزی



عملکرد بسکتبال و پایداری ناحیه مرکزی

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Core Stability Training and Jump Performance in Young Basketball Players

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[3]Professional Soccer Fitness Coach

Abstract: *The strength core is an important prerequisite to perform sport skills and to perform some everyday activities such as walking, climbing stairs, postural control. The literature, so far, it is mainly dedicated to the description of the effectiveness of core stability exercises in athletes or insedentary adults, with lumbar pain. The study describes the effects of an integrative training of core stabilityon jump performance in young basketball players. In total 44 young basketball players (19 female gender, 25 male gender, age7.07 ± 0.3yrs, height 114, 4 ± 4.3 cm weight 26.8 ± 2.7 kg) participated and were assigned to either an intervention(EG) or a control group (CG). The training program has had a duration of 4 weeks (8 sessions twice a week, for one hour); EG, besides the sports-specific exercises and introduced in the warm up 4 core exercises stability. The strength was evaluated through monopodalic and vertical jump. The results revealed that the 4-week core stability training program improved the left(p<0.05) and right (p<0.001), hop test, the 6m timed hop left and right test (p <0.0005).The CG has obtained statistically significant benefits only in the bipodalic vertical jump (p<0.01). The study confirms the need to introduce integrative core stability exercise, as well as the literature suggests. The study highlighted the functional relationships between core stability and jump performance in prepubertal basketball players.*

Keywords: core stability – injury prevention – jump

1. Introduction

The Core strength is an important precondition for many sports, such as football, basketball, jumping in track and field, to provides a correct posture and to carry out some daily activities such as walking, climbing stairs, downing a step (Granacher et al., 2014; McCurdy et al., 2014; Prieske et al., 2015).

The district of the Core, has the role of controlling and stabilizing the lumbosacral region, and allows as a connection between the upper and lower part of the body (Akuthota et al., 2008; Andorlini, 2013a); this functional unit is able to distribute the forces which are generated by the lower or upper limbs (Andorlini, 2013a,b), as well as demonstrated in soccer training (Shinkle et al., 2012; Afyon, 2014; McCurdy et al., 2014).

To satisfy these two functional requirements, as part of the training methodology, it can identify two different types of training: the core stability tasks have the purpose of control and stability lumbar spine increase; the core strength tasks are intended to allow the transfer of high levels of strength and muscle power, activating local stabilizers and global mobilizers muscles (Faries& Greenwood, 2007; Saeterbakken et al., 2011; Sharrock et al., 2011; Sannicandro, 2014).

So far, the literature has mainly addressed the effectiveness of core stability exercises in athletes or in physically active adults, with special reference to low back pain (Abenhaim et al., 2000; McGill, 2010; Liebenson, 2011) and performance, or to the core training programs effects (Prieske et al., 2016).

To date, in fact, only a study conducted as part of the school physical education classes in prepubertal subjects and aimed to reducing chronic low back pain has described performance increases in trunk muscle strength, after six weeks core training (Allen et al., 2014).

In sports there are very few studies that have described the preventive role of core stability in young (Durall et al., 2009; Hoshikawa et al., 2013; Prieske et al., 2016; Sogut, 2016).

The relationship between the Core stability and sports performance, however, is less clear, and studies are less numerous: it is understood as exercises of Core Stability reduce back pain in sport (Durall et al., 2009; Allen et al., 2014), it may increase balance performance in cross-country skiers (Sato &Mokha, 2009),and performance in the jumping, throwing and sprint (Shinkle et al., 2012).

In the literature there are no studies that have only monitored the core stability training effects;infacttheCore stability exercises have always been associated and integrated with strength lower limb exercises (Reed et al., 2012).

Therefore, an open question remains about what the understanding of the effects on motor performance due only to core stability exercises.

Particularly, mainly because of sedentary childhood lifestyle, it must understand if such types of exercises, that specifically call for a very sensitive target district during this period (Allen et al., 2014), can be advantageous for those prepubescent practicing sport .

The age and motivation to the prepubertal sports should carefully consider the duration of the programs aimed to Core training: they must occupy a limited part of the session, perhaps especially in the initial warm-up, as long suggested in the literature (Faigenbaum et al., 2005).

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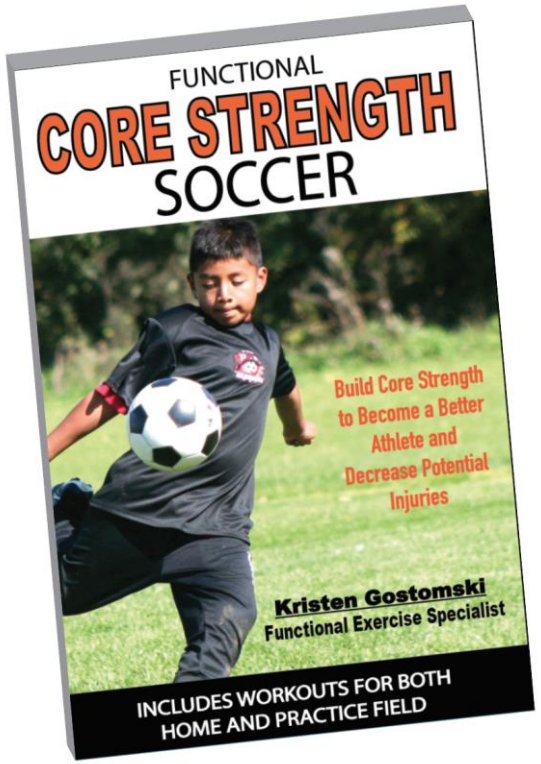

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Relationship between core stability, dynamic balance and jumping performance in soccer players

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Abstract of this study was presented orally at VIII. National Congree of Sport Physiotherapists, November 6-8, 2015, İstanbul.

Abstract

The purpose of this study was to investigate relationship between core stability, dynamic balance and jumping performance in soccer players. Seventeen male soccer players (mean ± SD: age, 21.06 ± 1.71 years) participated as volunteer in this study. Dynamic balance of the participants were evaluated at directions of anterior (A), posteromedial (PM) and posterolateral (PL) with Star Excursion Balance Test (SEBT). The core stability was evaluated with trunk flexion, side bridge, and trunk extension tests. For jumping performance, squat jump height was measured using a contact mat. There was a negative correlation (r = -0.705) between trunk flexion test and squat jump height ($p < 0.002$). No significant correlation were identified between trunk flexion, side bridge, trunk extension tests and squat jump height ($p > 0.05$). There was no significant correlation between trunk flexion, side bridge, trunk extension tests and SEBT values ($p > 0.05$). The results of this study suggest that trunk flexion is associated with squat jump height in soccer players, but not side bridge and trunk extension tests. The core stability does not contribute significantly on dynamic balance.

Keywords: Core stability, balance, jumping, soccer.

INTRODUCTION

The core has been described as a muscular cylinder with the abdominals in the front, erector spinae and gluteals in the back, the diaphragm as the roof, and the pelvic floor and hip girdle musculature in the bottom (2). The core is the center of the functional kinetic chain providing the proximal stability for the distal mobility and function of the limbs (8,19). The core stability is essential to prevent injuries (10,20) and improve performance in athletes. Weak core muscles may be a risk factor for low back pain (9). Zazulak et al. (21) reported that trunk displacement was greater in athletes with knee and ACL injuries compared with uninjured athletes. It has been reported that core muscle fatigue decreased dynamic stability of the trunk and loss of balance control (3,6,18). Dynamic balance is define as the ability of an individual to maintain stability of the center of mass during movement and an essential component of many sports activities. Dynamic balance is required for activities of daily living, such as walking, running, and stair climbing. Also, it is an important factor associated with lower extremity injury and performance in athletes (7). Soccer game is required a good postural control during efforts such as kick, dribble, pass and to recover quickly after sprints, jumps and cutting maneuvers (15). Soccer is one of the most popular sports in the world, with more than 265 million players. Injury rate in male soccer players has been reported to be as high as 18.75 injuries per 1000 athlete-exposures in competitions and trainings. In both games and trainings, more than two thirds of soccer injuries occurred to the lower extremities, followed by the head and neck in games and the trunk in trainings (1).

Few studies investigated relationship between core stability and athletic performance in soccer players. Nesser et al. (14) reported that there were no significant relationship between core stability and performance tests such as sprint, vertical jump, squat, shuttle run in female soccer players. In contrast, Nesser et al. (13) found significant relationship between core stability and sprint, vertical jump, agility in male soccer players. Sharrock et al. (17) demonstrated that the core stability negatively affected medicine-ball throwing performance in basketball, voleyball, soccer, swimming and tennis athletes. Researchers found no

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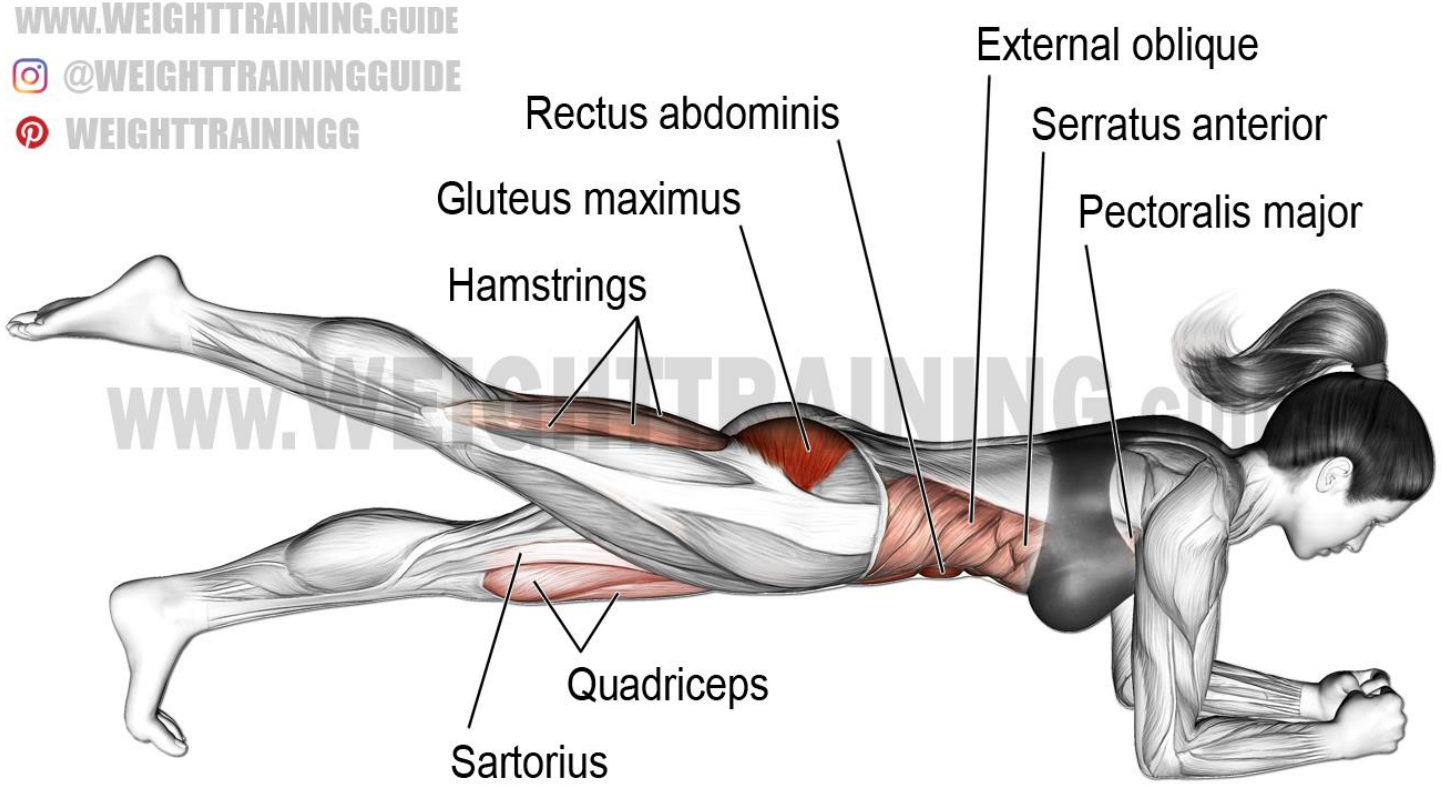
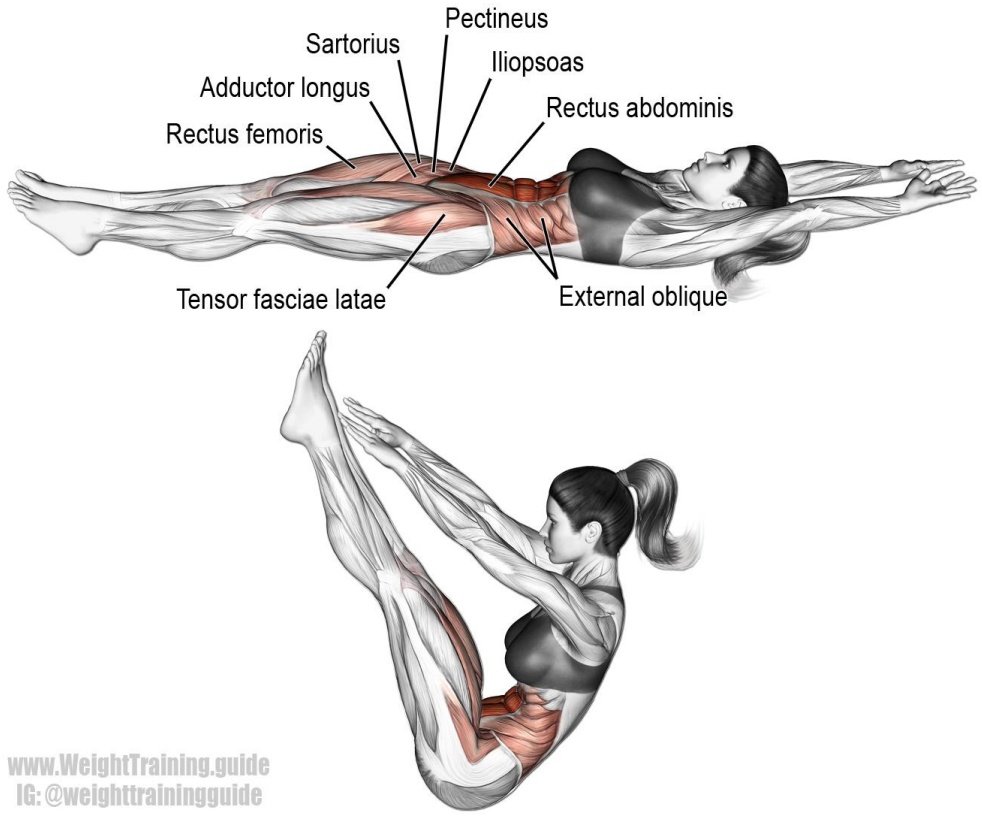
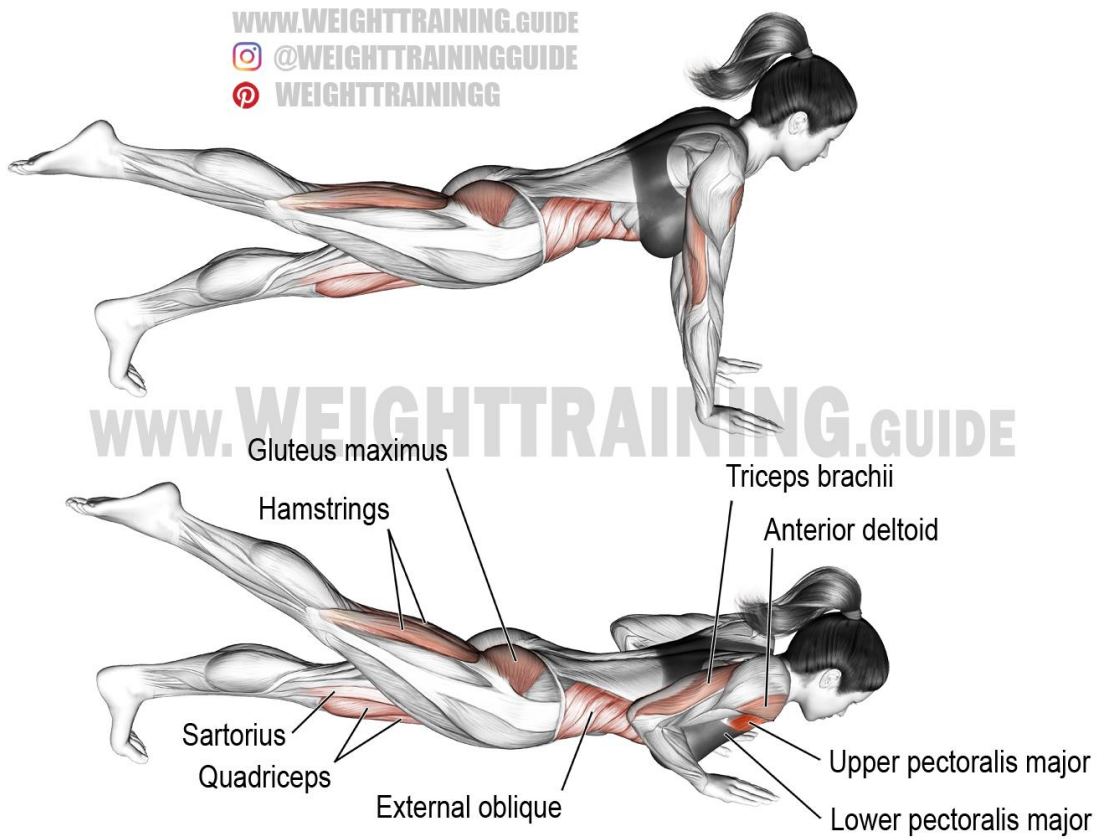
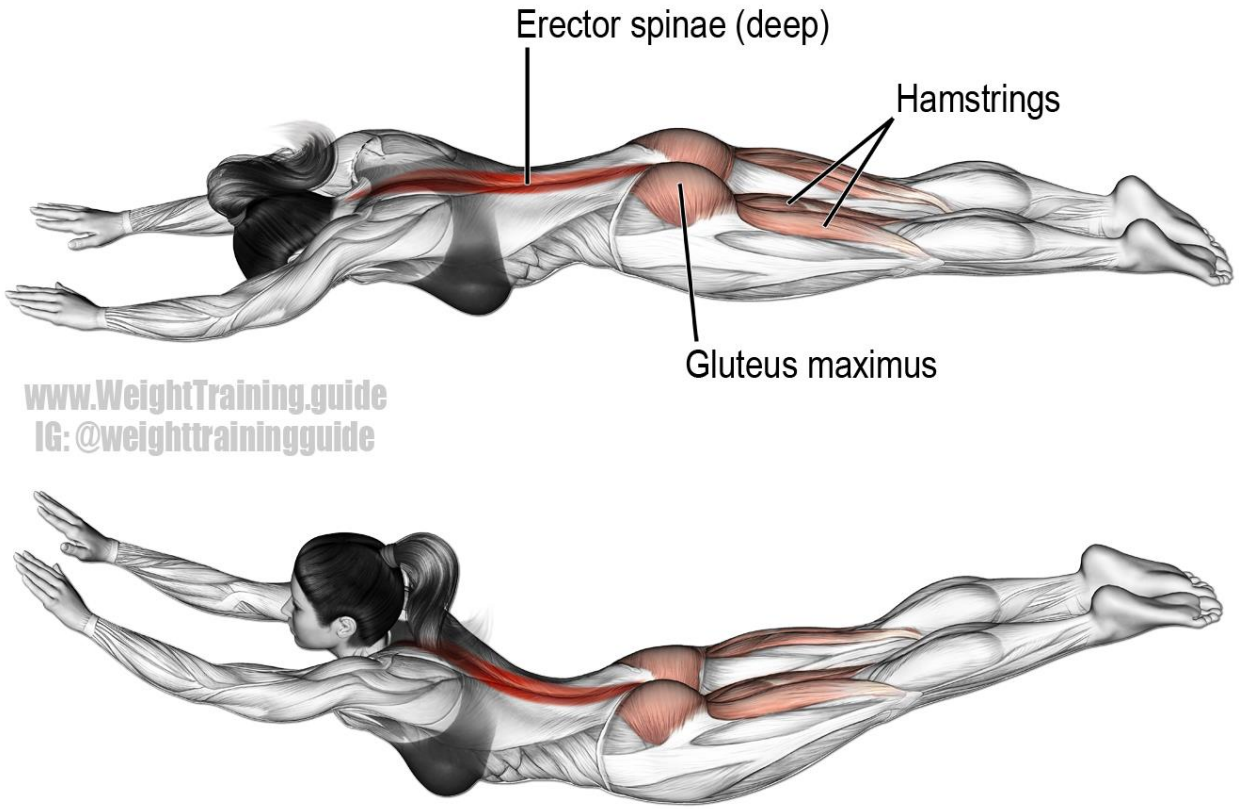




www.WeightTraining.guide
IG: @weighttrainingguide

آناتومی حرکات ناحیه مرکزی





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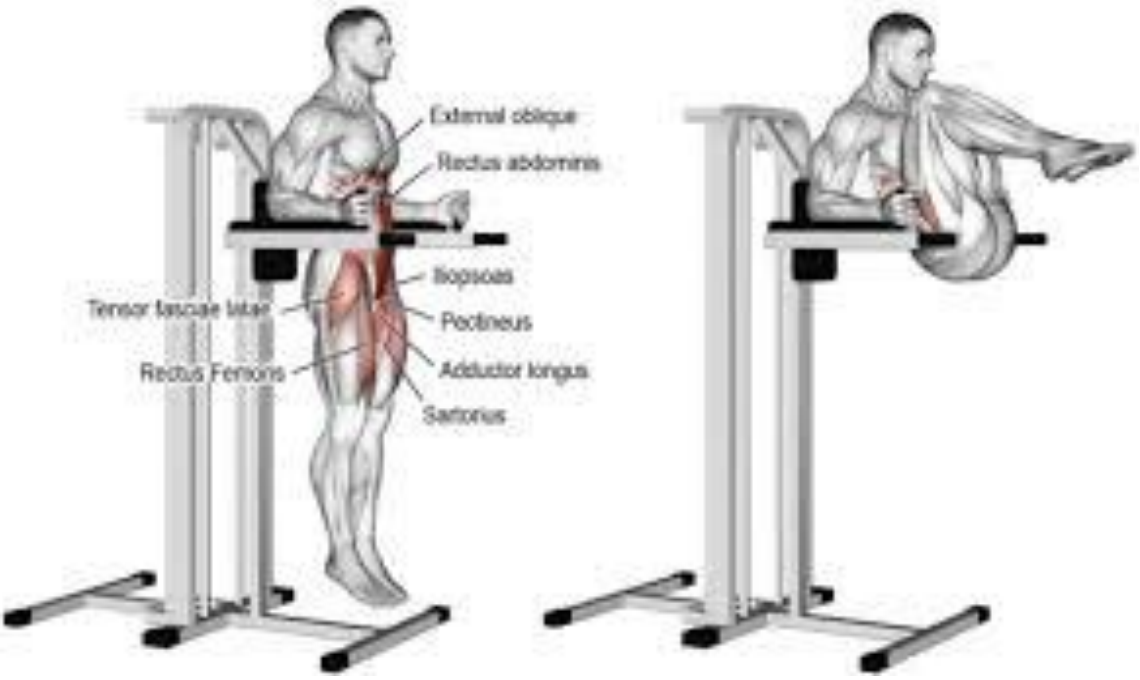

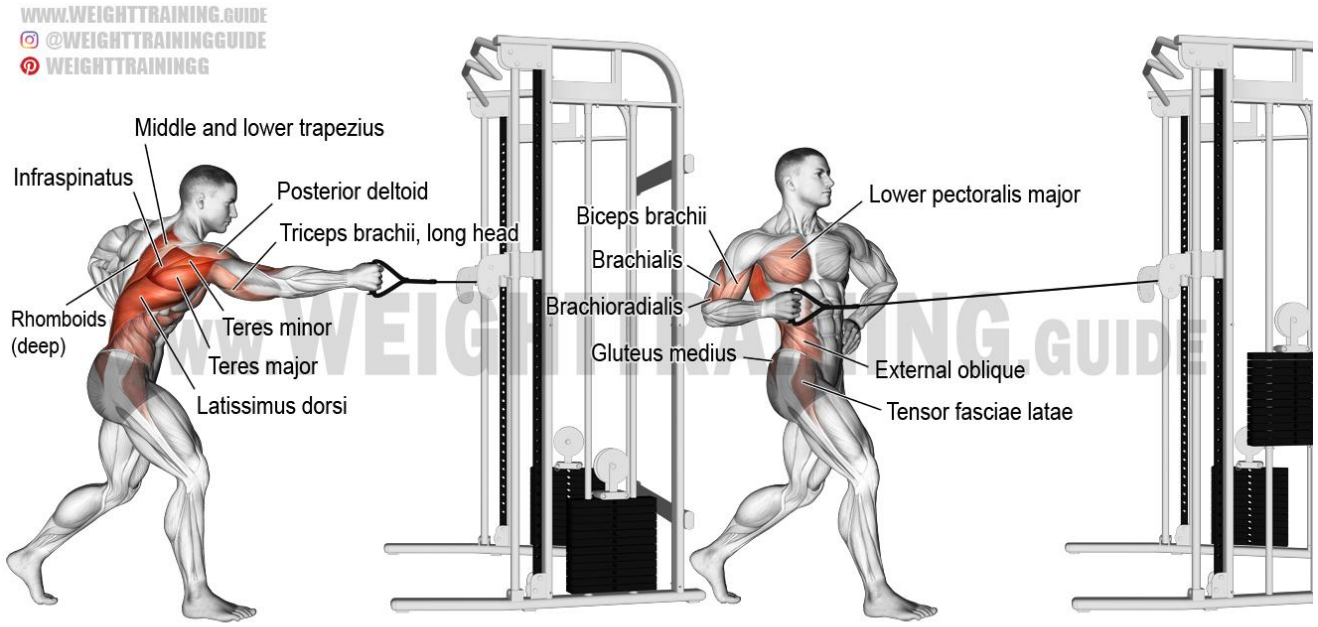

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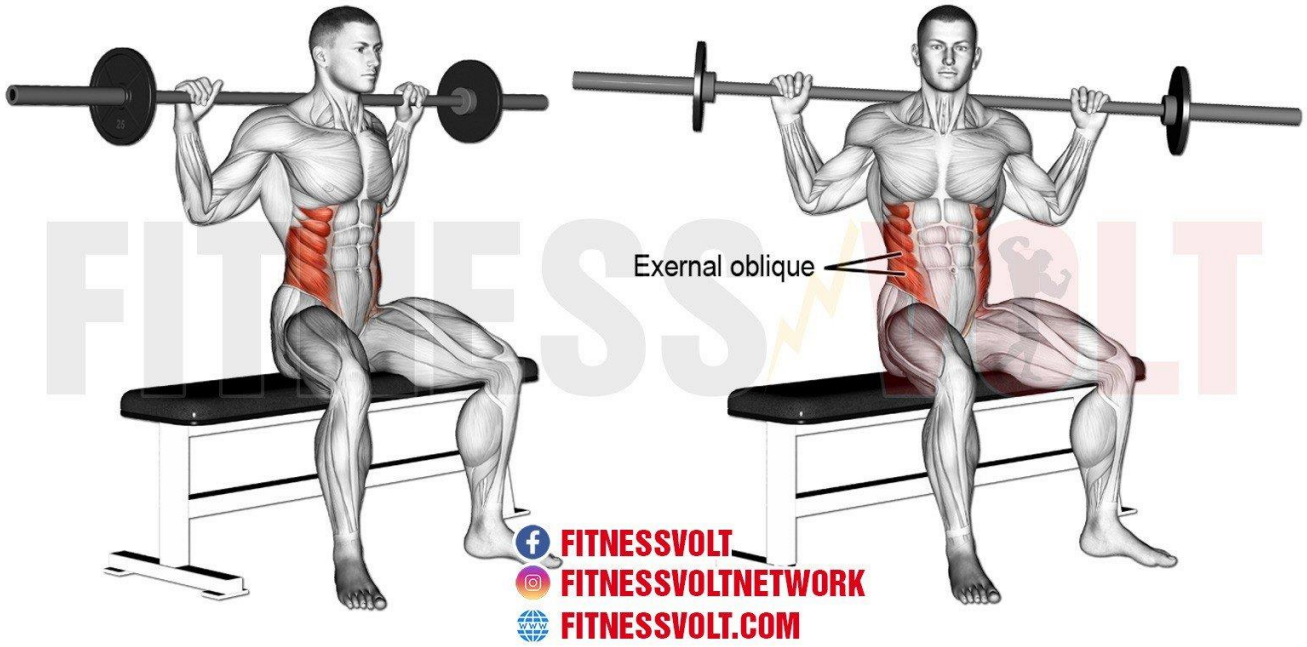

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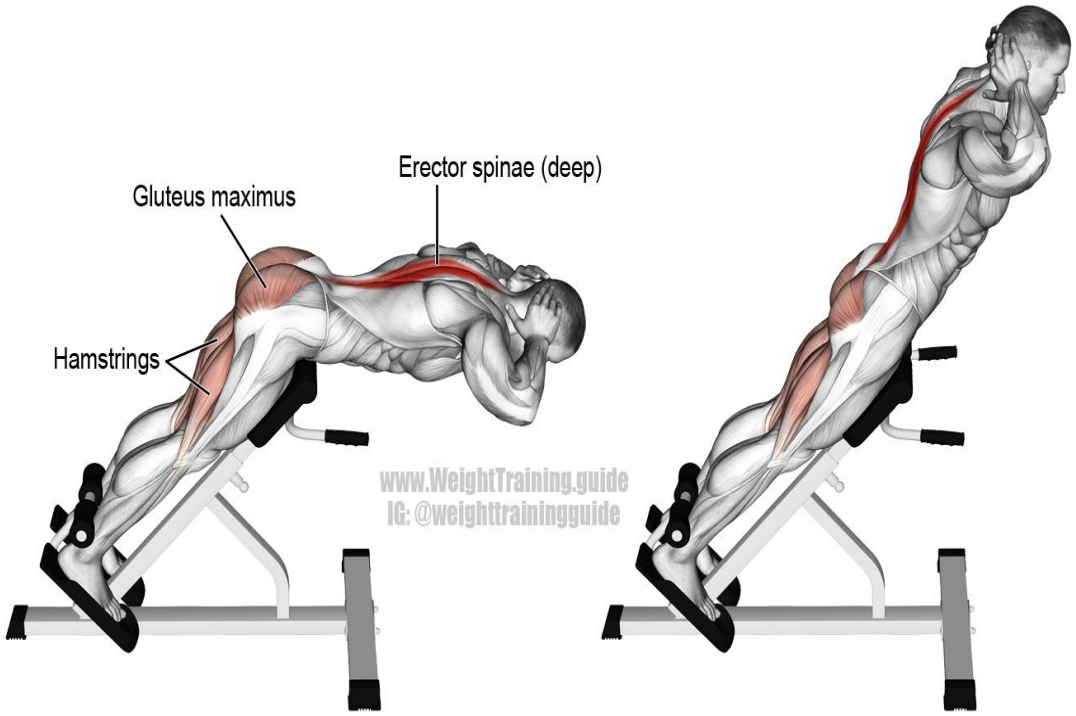
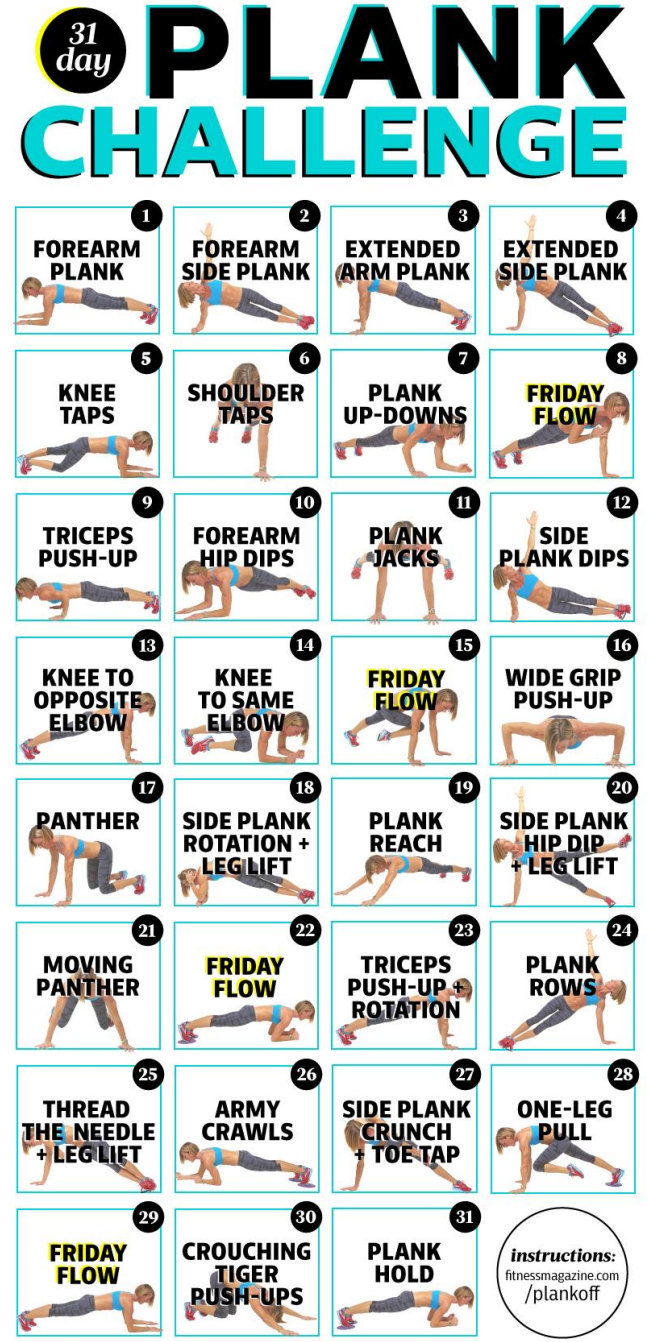


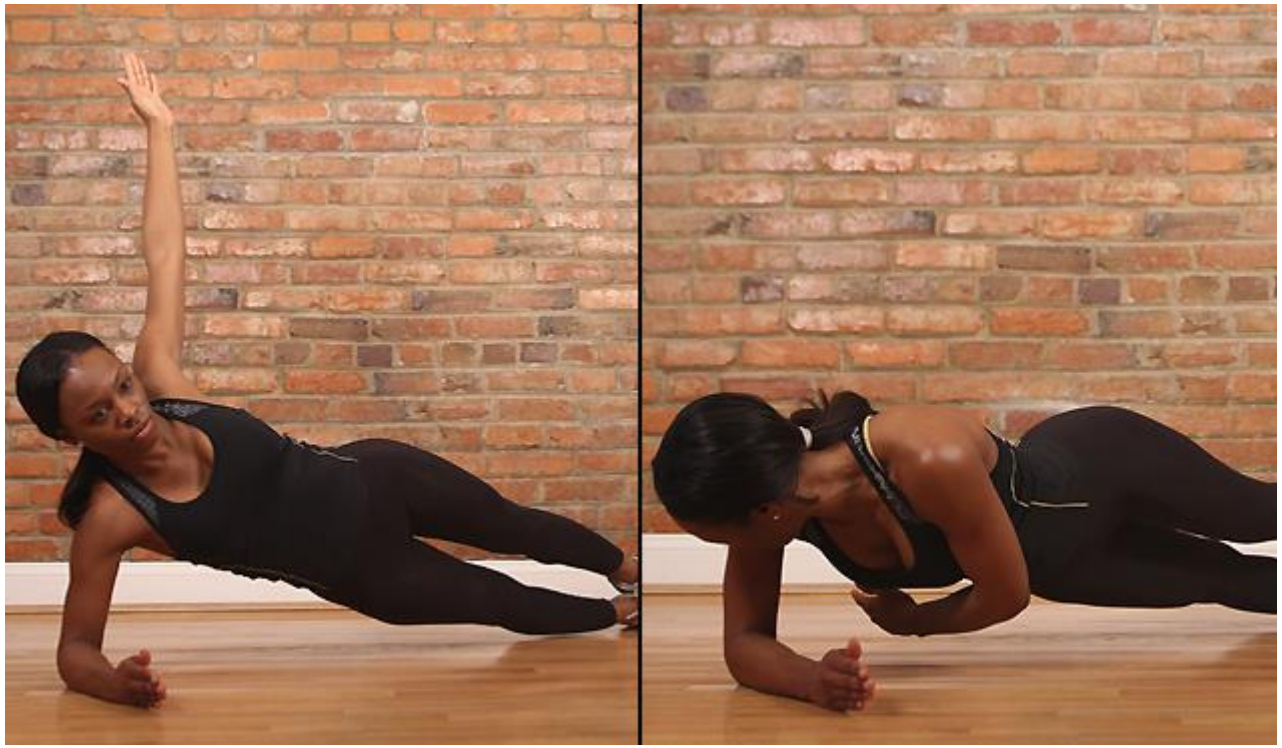
ab exercises


bowling
this month
TRAINING THE CORE FOR
TRUNK STABILITY


5 CORE EXERCISES
YOU SHOULD DO EVERYDAY
TONE & TIGHTEN


31 day
PLANK
CHALLENGE
1 FOREARM PLANK
2 FOREARM SIDE PLANK
3 EXTENDED ARM PLANK
4 EXTENDED SIDE PLANK
5 KNEE TAPS
6 SHOULDER TAPS
7 PLANK UP-DOWNS
8 FRIDAY FLOW
9 TRICEPS PUSH-UP
10 FOREARM HIP DIPS
11 PLANK JACKS
12 SIDE PLANK DIPS
13 KNEE TO OPPOSITE ELBOW
14 KNEE TO SAME ELBOW
15 FRIDAY FLOW
16 WIDE GRIP PUSH-UP
17 PANTHER
18 SIDE PLANK ROTATION + LEG LIFT
19 PLANK REACH
20 SIDE PLANK HIP DIP + LEG LIFT
21 MOVING PANTHER
22 FRIDAY FLOW
23 TRICEPS PUSH-UP + ROTATION
24 PLANK ROWS
25 THREAD THE NEEDLE + LEG LIFT
26 ARMY CRAWLS
27 SIDE PLANK CRUNCH + TOE TAP
28 ONE-LEG PULL
29 FRIDAY FLOW
30 CROUCHING TIGER PUSH-UPS
31 PLANK HOLD
instructions:
fitnessmagazine.com
/plankoff
fitness × SHAPE

تنوع در حرکت پلانک




CORE
STABILITY
BACK VARIATIONS

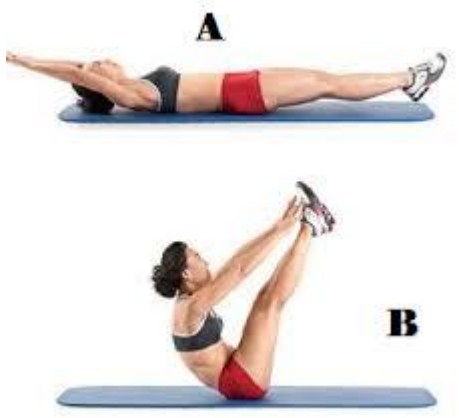
[a]Multi-joint exercises are recommended for older adults and children.

[b]Programs for children and adolescents should be closely supervised by trained personnel.

Table 7.3 Guidelines for Designing Dynamic Resistance Training Programs

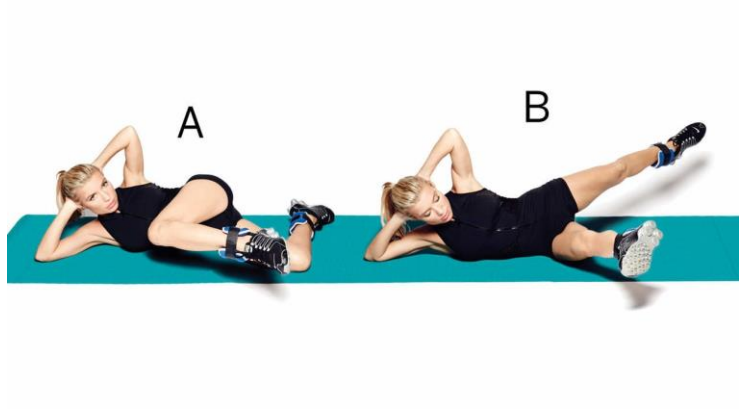
Type	Intensity	Repetitions	Sets	Frequency	Length of program
Strength (novice)	80-85% 1-RM or 6-8 RM	6-8	3	3	6 weeks or more
Strength (advanced)	80-90% 1-RM or 4-8 RM	4-8	5-6	5-6	12 weeks or more
Toning	60-70% 1-RM or 12-15 RM	12-15	3	3	6 weeks or more
Endurance	≤60% 1-RM or 15-20 RM	15-20	3	3	6 weeks or more
Hypertrophy (advanced)	70-75% 1-RM or 10-12 RM	10-12	5-6	5-6	12 weeks or more

حرکات ناحیه مرکزی با وزن بدن



حرکات مرکزی با وزن بدن

حرکات مرکزی با وزن بدن



حرکات مرکزی با وزن بدن

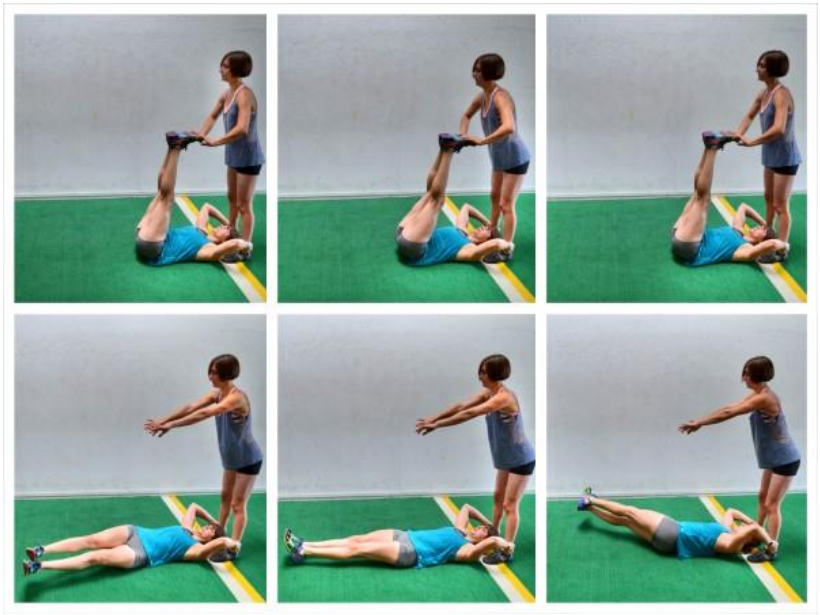
حرکات مرکزی با وزن بدن

حرکات مرکزی با وزن بدن

حرکات مرکزی با وزن بدن

حرکات دو نفره با وزن بدن

حرکات دو نفره با وزن بدن



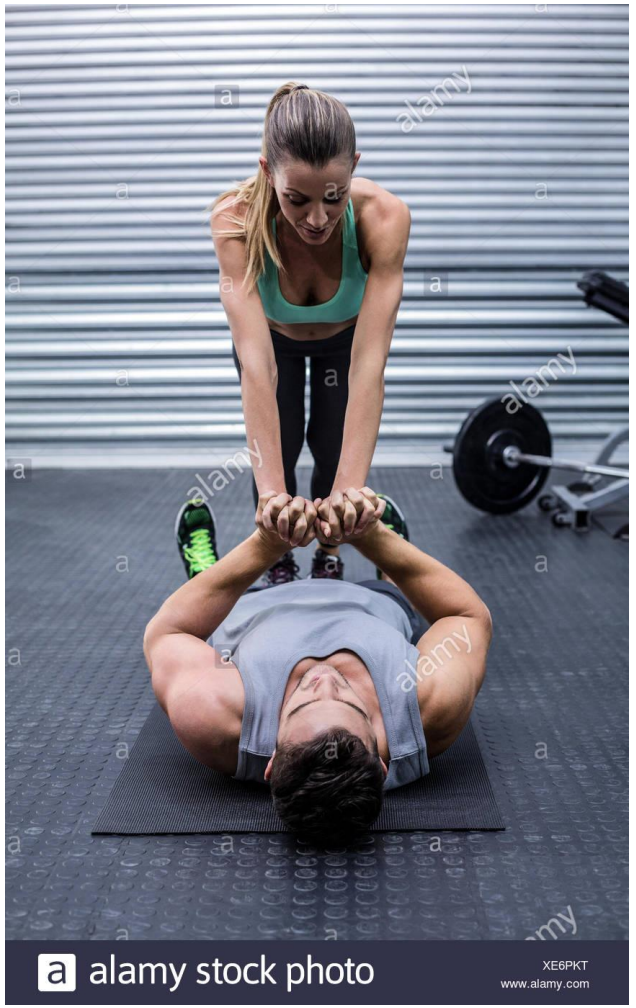
حرکات دو نفره با وزن بدن

حرکات کلیستنیک با وزن اضافه

حرکات کلیستنیک با وزن اضافه

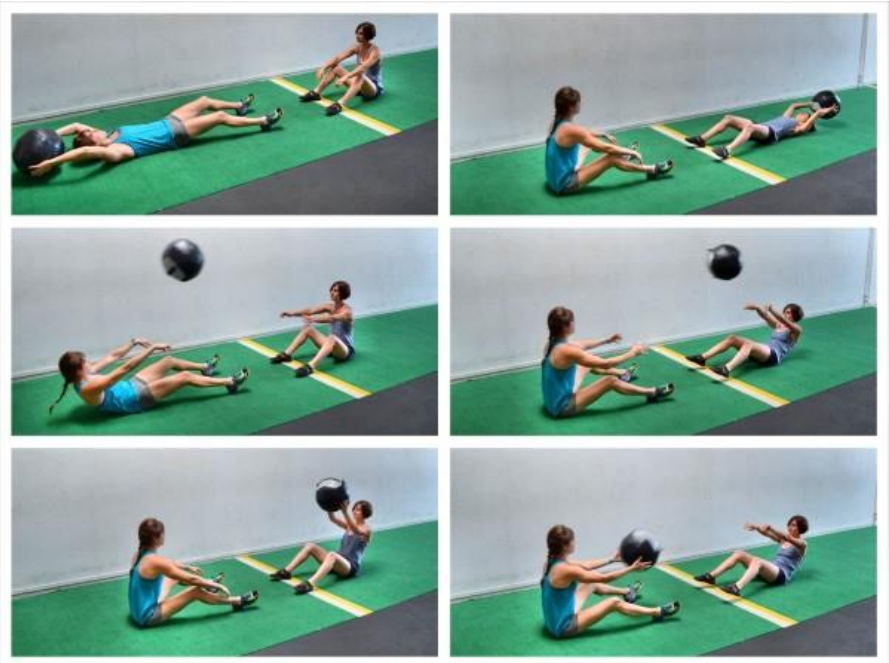
حرکات کلیستنیک با وزن اضافه

حرکات کلیستنیک با وزن اضافی



حرکات کلیستنیک با وزن اضافی

حرکات ناحیه مرکزی با مدیسن بال

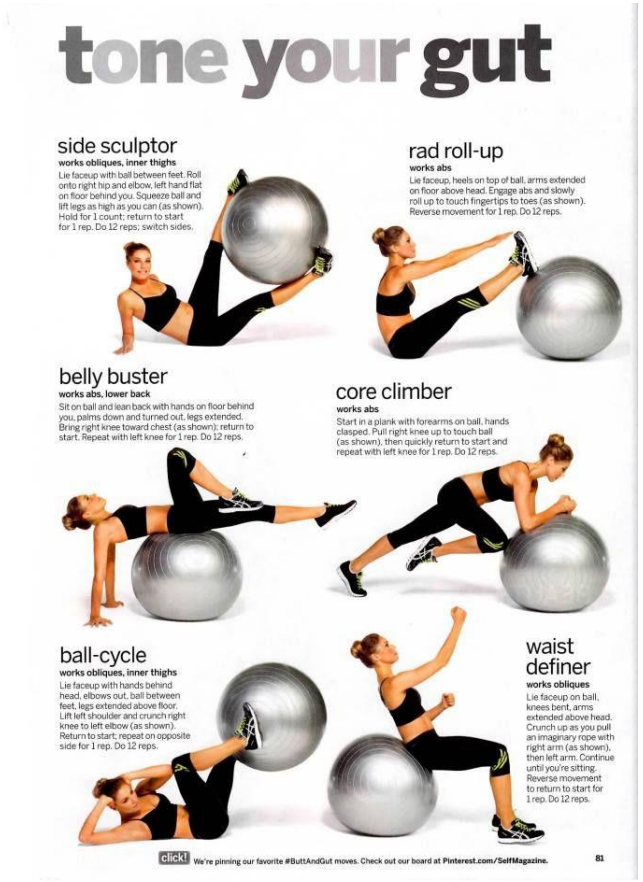


حرکات مرکزی با مدیسن بال

حرکات ناحیه مرکزی با مدیسن بال

حرکات ناحیه مرکزی با جیم بال

حرکات ناحیه مرکزی با جیم بال

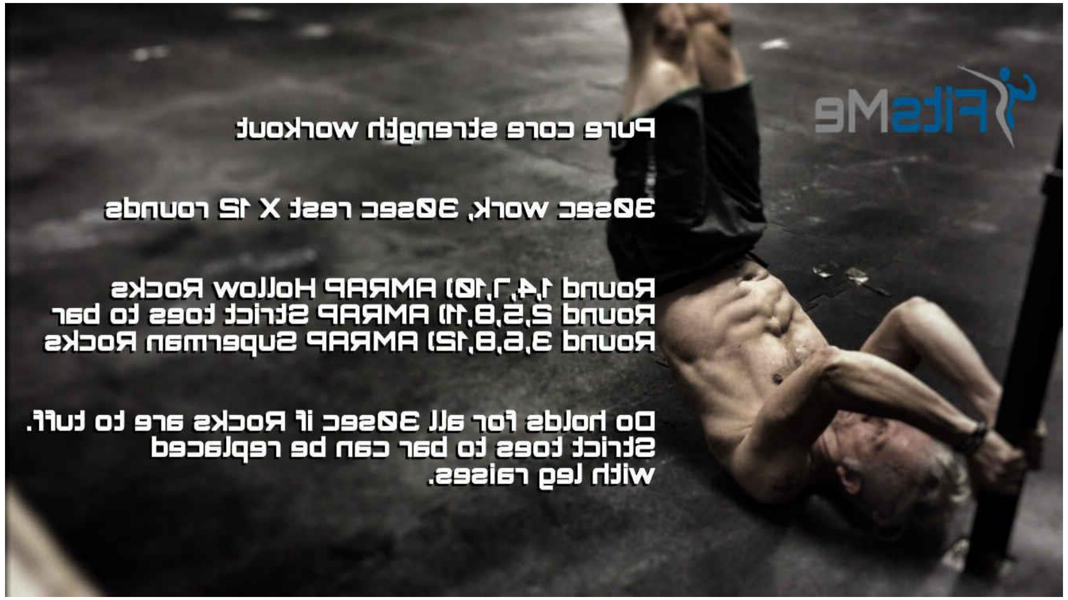


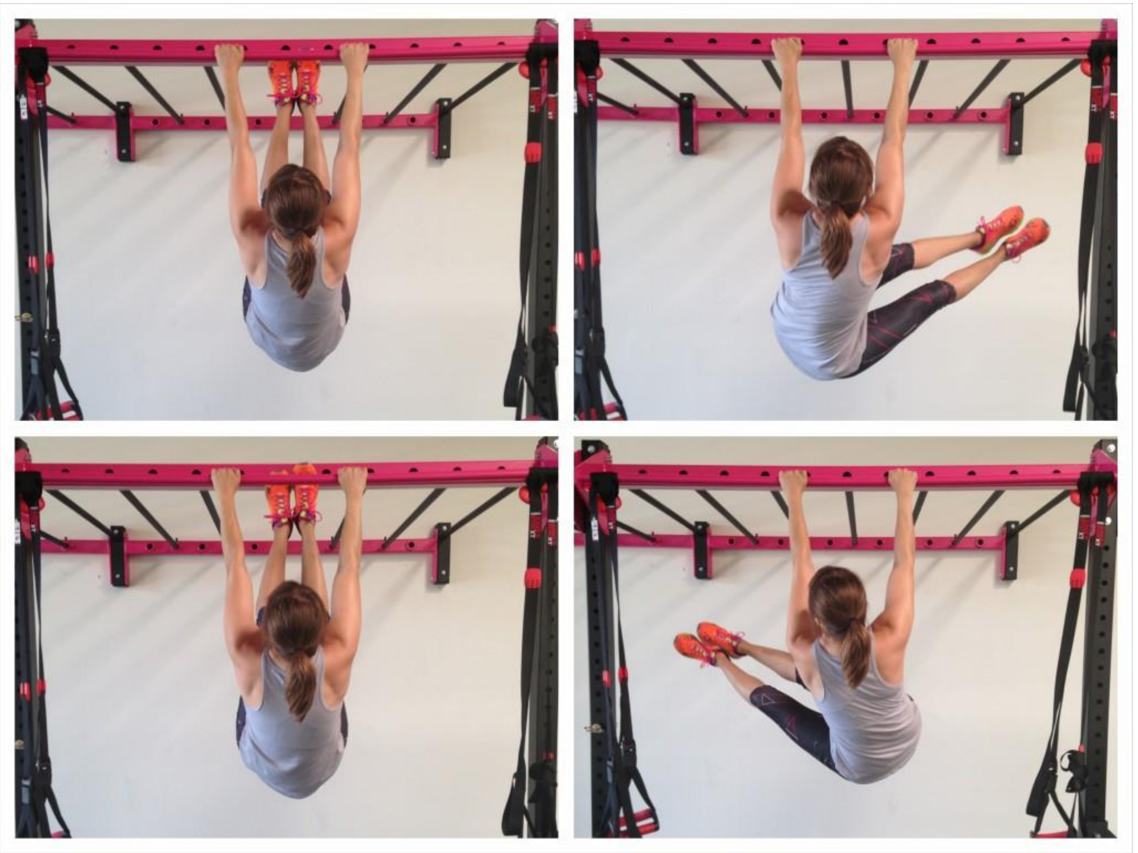
10 Reasons to Use an Exercise Ball as Your Chair

1. Forces proper spine alignment.
2. Causes you to frequently change positions
3. Fitness is at your fingertips.
4. Improve your balance.
5. Get that 6-pack you've been wanting.
6. Improves your circulation.
7. You'll feel more energetic.
8. Burn up to 350 calories per day.
9. Really cheap
10. C'mon, its fun!

حرکات مرکزی با میله


10 HARDEST
CORE EXERCISES


Pure core strength workout
30sec work, 30sec rest X 12 rounds
Round 1,4,7,10) AMRAP Hollow Rocks
Round 2,5,8,11) AMRAP Strict toes to bar
Round 3,6,9,12) AMRAP Superman Rocks
Do holds for all 30sec if Rocks are to tuff.
Strict toes to bar can be replaced with leg raises.



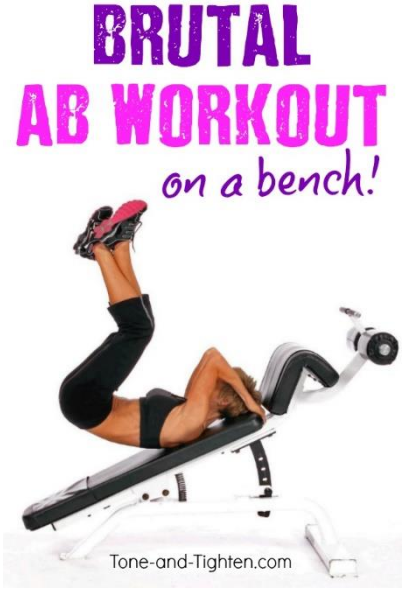
حرکات مرکزی روی میله

حرکات مرکزی روی میله

حرکات ناحیه مرکزی با دستگاه بدنسازی

حرکات مرکزی با دستگاههای بدنسازی

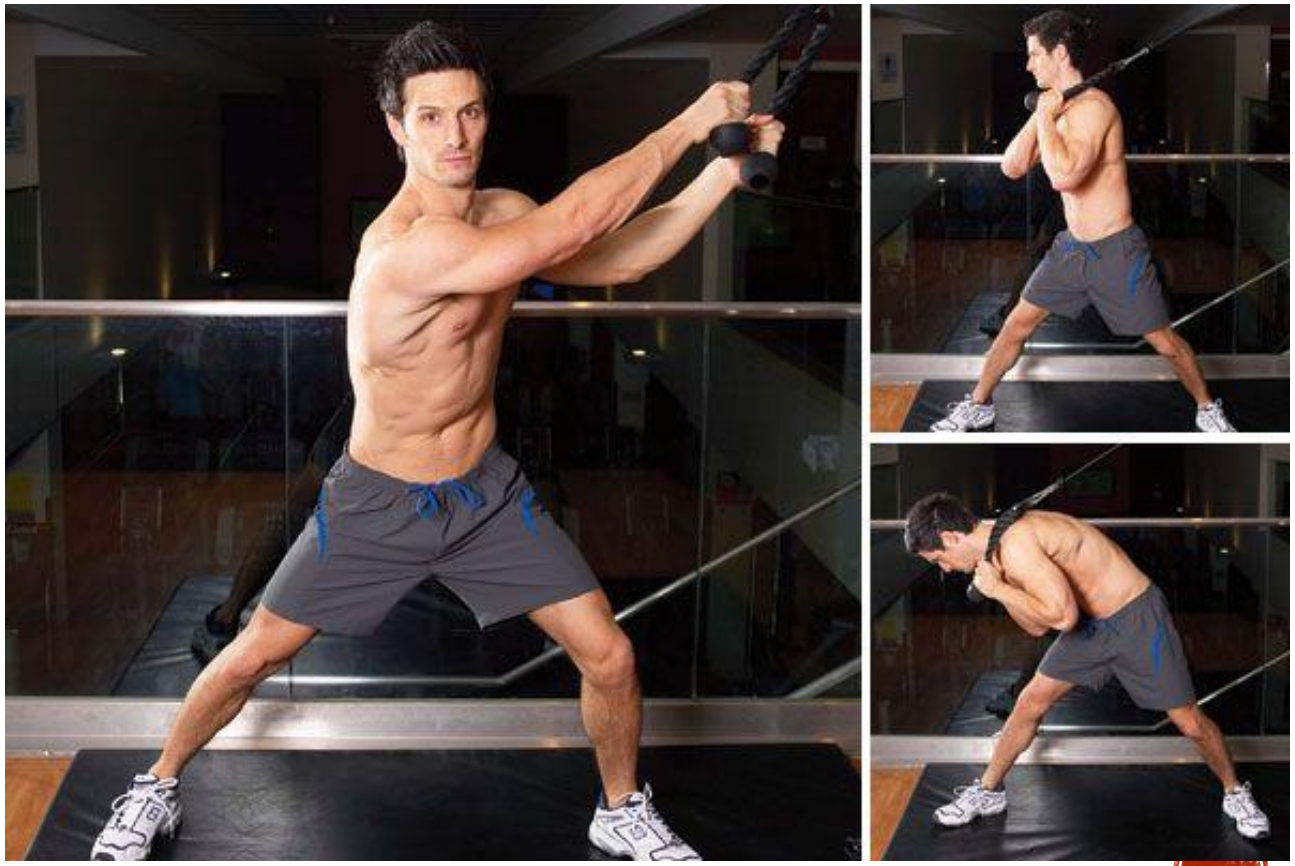
حرکات مرکزی با دستگاههای بدنسازی



حرکات مرکزی روی دستگاههای بدنسازی

حرکات ناحیه مرکزی با انواع کش

حرکات مرکزی با کش



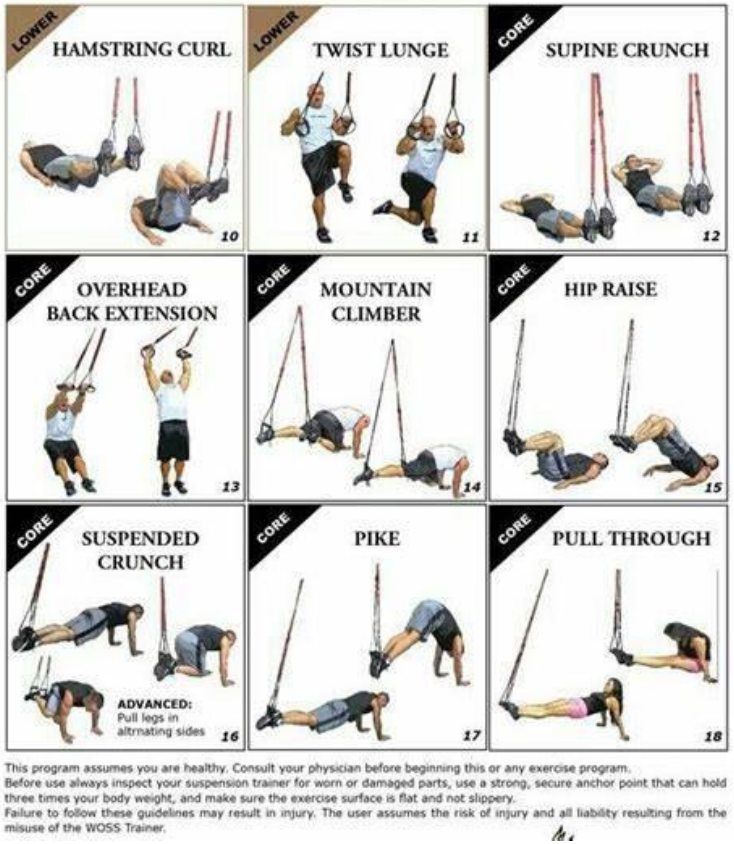
حرکات مرکزی با کش

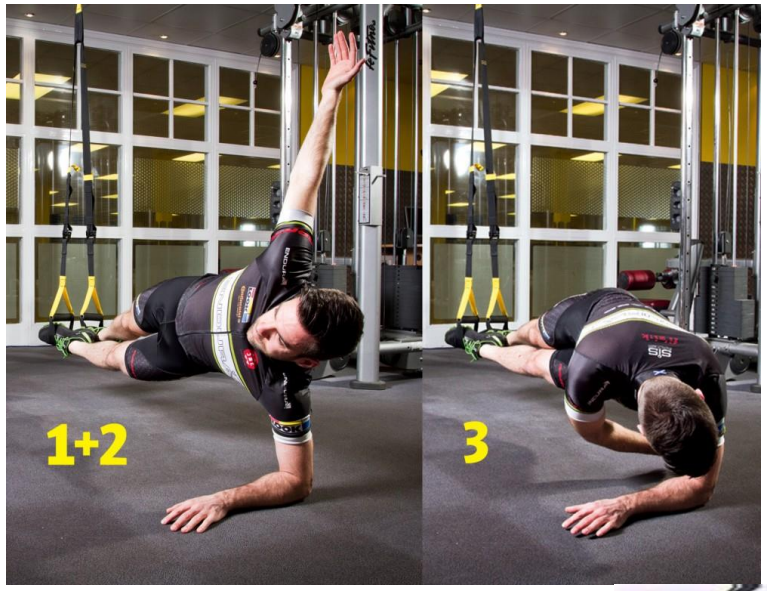
حرکات مرکزی با کش

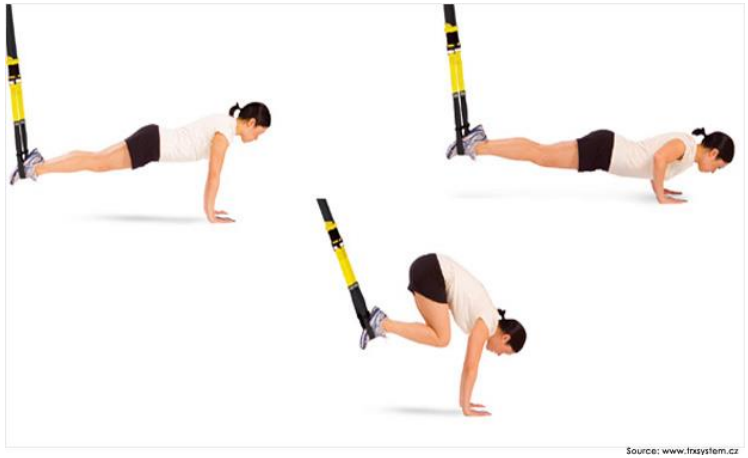
حرکات ناحیه مرکزی در آب

حرکات ناحیه مرکزی در آب

TRXوحرکات ناحیه مرکزی







حرکات مرکزی باTRX

CROSS CORE

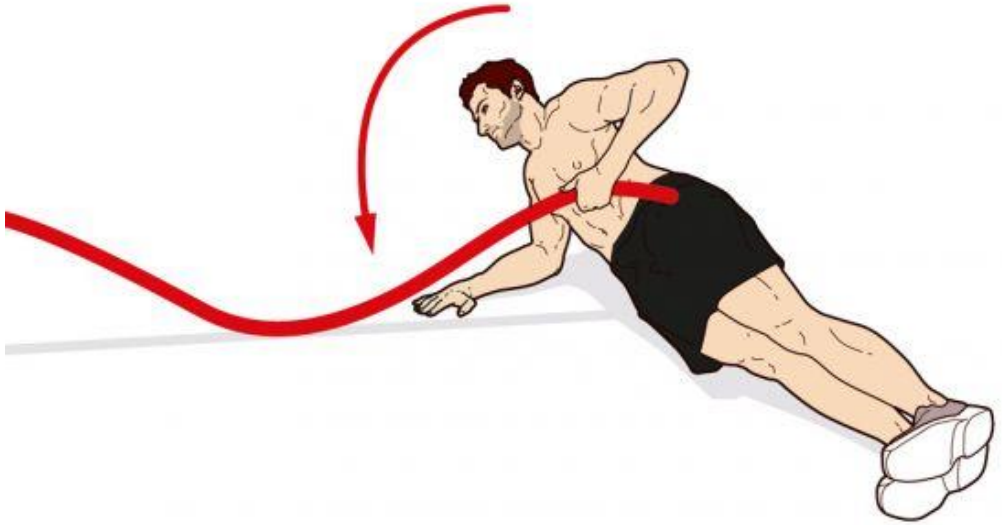
CROSS CORE

حرکات مرکزی عملکردی

حرکات مرکزی عملکردی

sugarriverbank.net

حرکات مرکزی عملکردی



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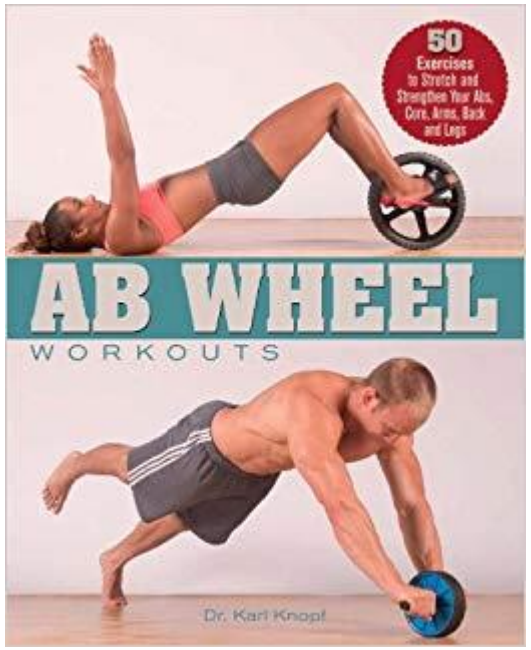
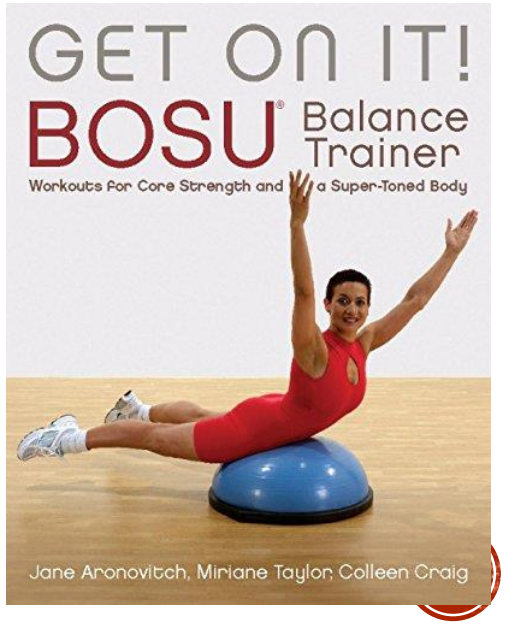


حرکات مرکزی عملکردی

حرکات ناحیه مرکزی با بوسو بال

حرکات مرکزی با بوسوبال



حرکات مرکزی با بوسوبال

حرکات مرکزی با بوسوبال

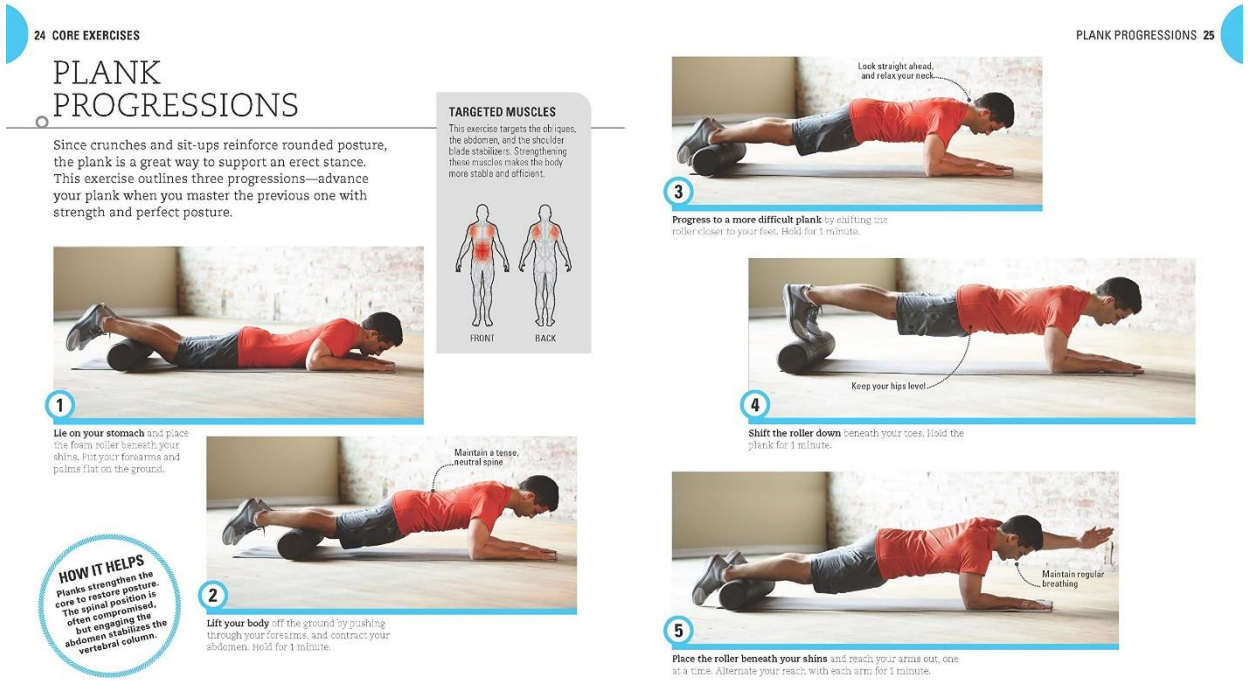
حرکات مرکزی با AQUA STAND

حرکات مرکزی با AQUA STAND

حرکات مرکزی روی SLACKLINE

حرکات مرکزی روی SLACKLINE

حرکات مرکزی با فوم رول



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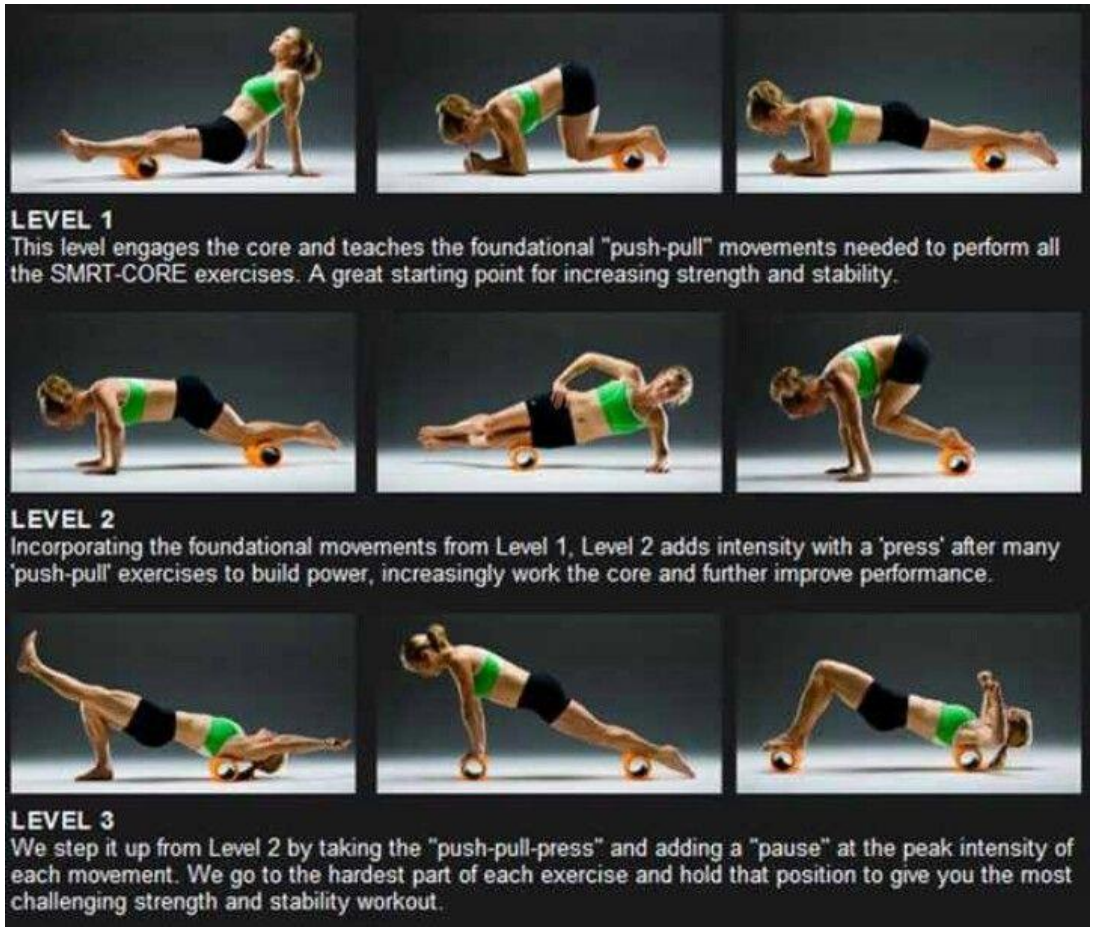
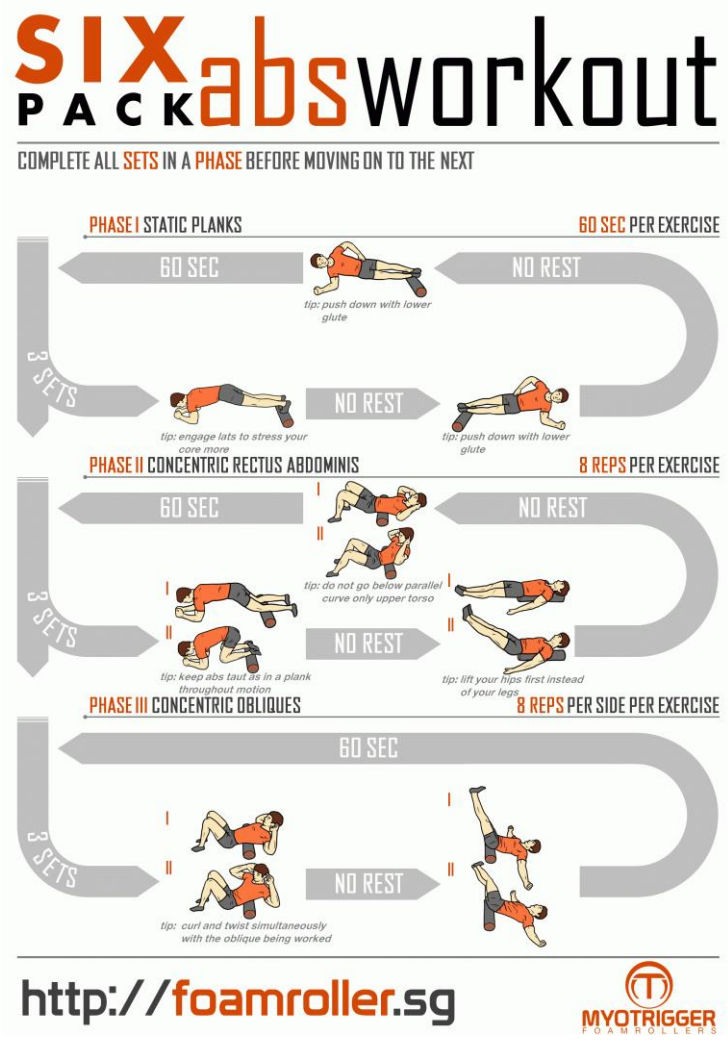
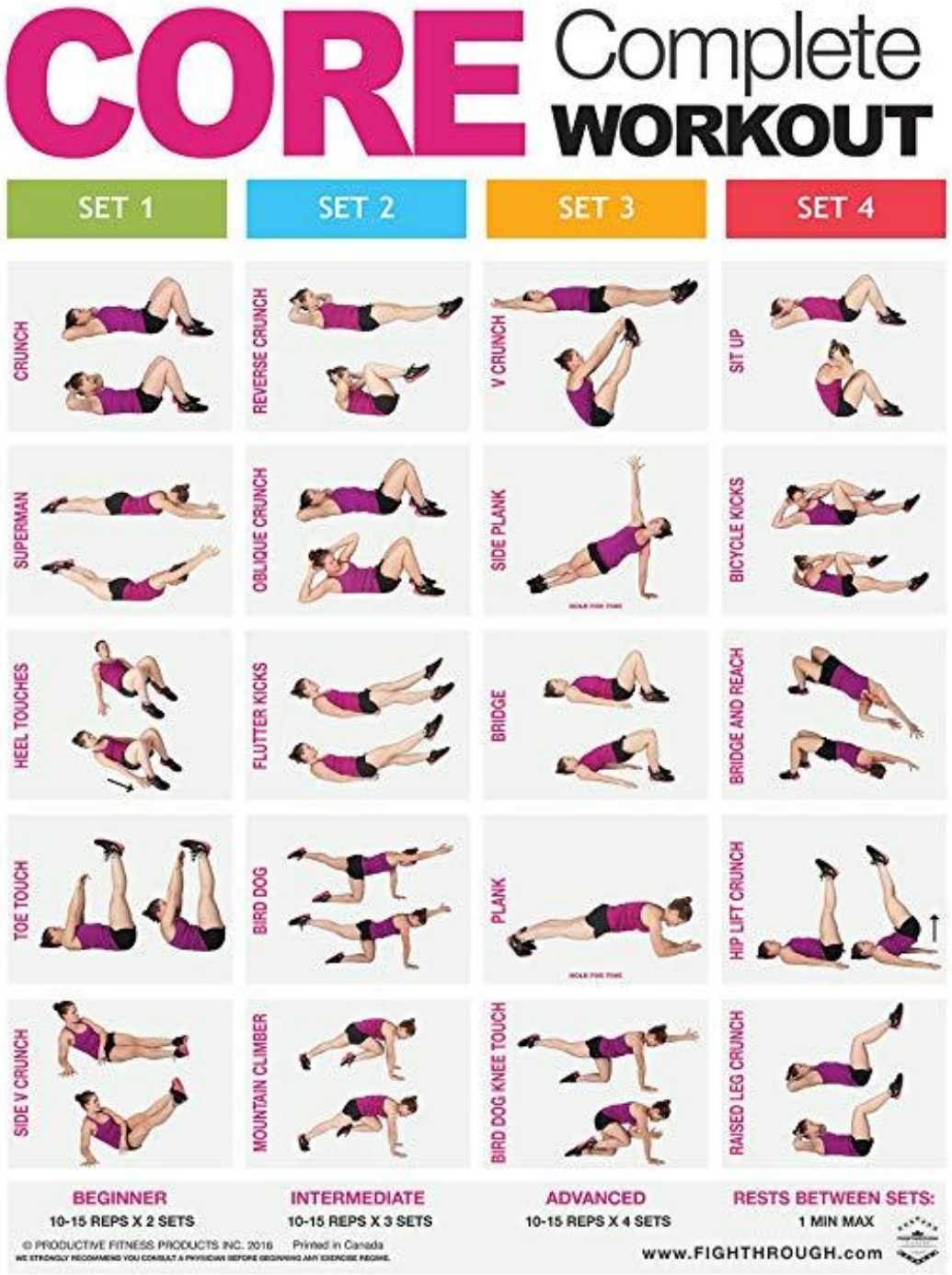


حرکات مرکزی با فوم رول

برنامه تمرینی ناحیه مرکزی




CORE Complete WORKOUT
SET 1
SET 2
SET 3
SET 4
CRUNCH
REVERSE CRUNCH
V CRUNCH
SIT UP
SUPERMAN
OBLIQUE CRUNCH
SIDE PLANK
BICYCLE KICKS
HEEL TOUCHES
FLUTTER KICKS
BRIDGE
BRIDGE AND REACH
TOE TOUCH
BIRD DOG
PLANK
HIP LIFT CRUNCH
SIDE V CRUNCH
MOUNTAIN CLIMBER
BIRD DOG KNEE TOUCH
RAISED LEG CRUNCH
BEGINNER
10-15 REPS X 2 SETS
INTERMEDIATE
10-15 REPS X 3 SETS
ADVANCED
10-15 REPS X 4 SETS
RESTS BETWEEN SETS:
1 MIN MAX
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Printed in Canada
WE STRONGLY RECOMMEND YOU CONSULT A PHYSICIAN BEFORE BEGINNING ANY EXERCISE REGIME.
www.FIGHTHROUGH.com

تمرین مرکزی و کاهش وزن (پویایی و پیوستگی)

WEEK EIGHT WORKOUT!

Congrats on finishing the first 7 weeks of Diet.com's 8-week plan to get fit – this is the last week! You'll just need an exercise ball to complete this week's plan. Run through this workout 3 times, doing 8-12 reps of each move!

Push Up w/ Exercise Ball Toe Tuck

Bridge 'n Curl

Single Leg Bridge 'n Curl on Exercise Ball

Ball Pass

The Scorpion

Side Crunch w/ Exercise Ball

Back Extension on Exercise Ball

Bird Dog on Exercise Ball

diet.com

RESISTANCE BAND CORE WORKOUT

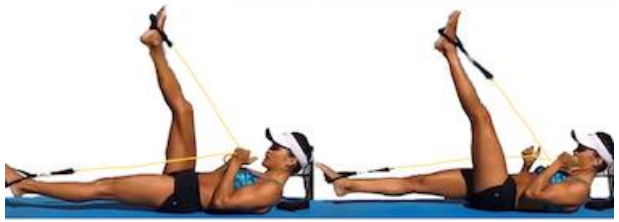
By @snaponfitness
Complete 3 round of each exercise

10 Plank Dip W/Overhead Press

10 Sit-Up Row

20 Bicycles

20 Flutter Kicks

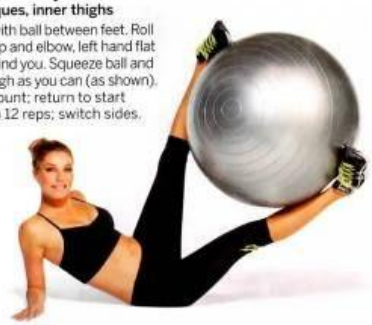


tone your gut

side sculptor

works obliques, inner thighs

Lie faceup with ball between feet. Roll onto right hip and elbow, left hand flat on floor behind you. Squeeze ball and lift legs as high as you can (as shown). Hold for 1 count; return to start for 1 rep. Do 12 reps; switch sides.



rad roll-up

works abs

Lie faceup, heels on top of ball, arms extended on floor above head. Engage abs and slowly roll up to touch fingertips to toes (as shown). Reverse movement for 1 rep. Do 12 reps.

belly buster

works abs, lower back

Sit on ball and lean back with hands on floor behind you, palms down and turned out, legs extended. Bring right knee toward chest (as shown); return to start. Repeat with left knee for 1 rep. Do 12 reps.

core climber

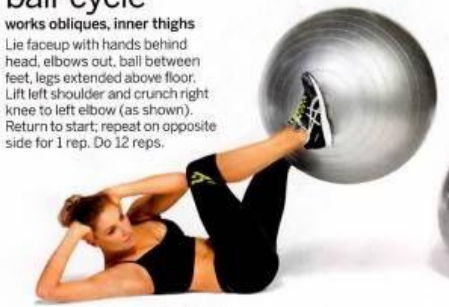
works abs

Start in a plank with forearms on ball, hands clasped. Pull right knee up to touch ball (as shown), then quickly return to start and repeat with left knee for 1 rep. Do 12 reps.

ball-cycle

works obliques, inner thighs

Lie faceup with hands behind head, elbows out, ball between feet, legs extended above floor. Lift left shoulder and crunch right knee to left elbow (as shown). Return to start; repeat on opposite side for 1 rep. Do 12 reps.



waist definer

works obliques

Lie faceup on ball, knees bent, arms extended above head. Crunch up as you pull an imaginary rope with right arm (as shown), then left arm. Continue until you're sitting. Reverse movement to return to start for 1 rep. Do 12 reps.

click! We're pinning our favorite #ButtAndGut moves. Check out our board at Pinterest.com/SelfMagazine.

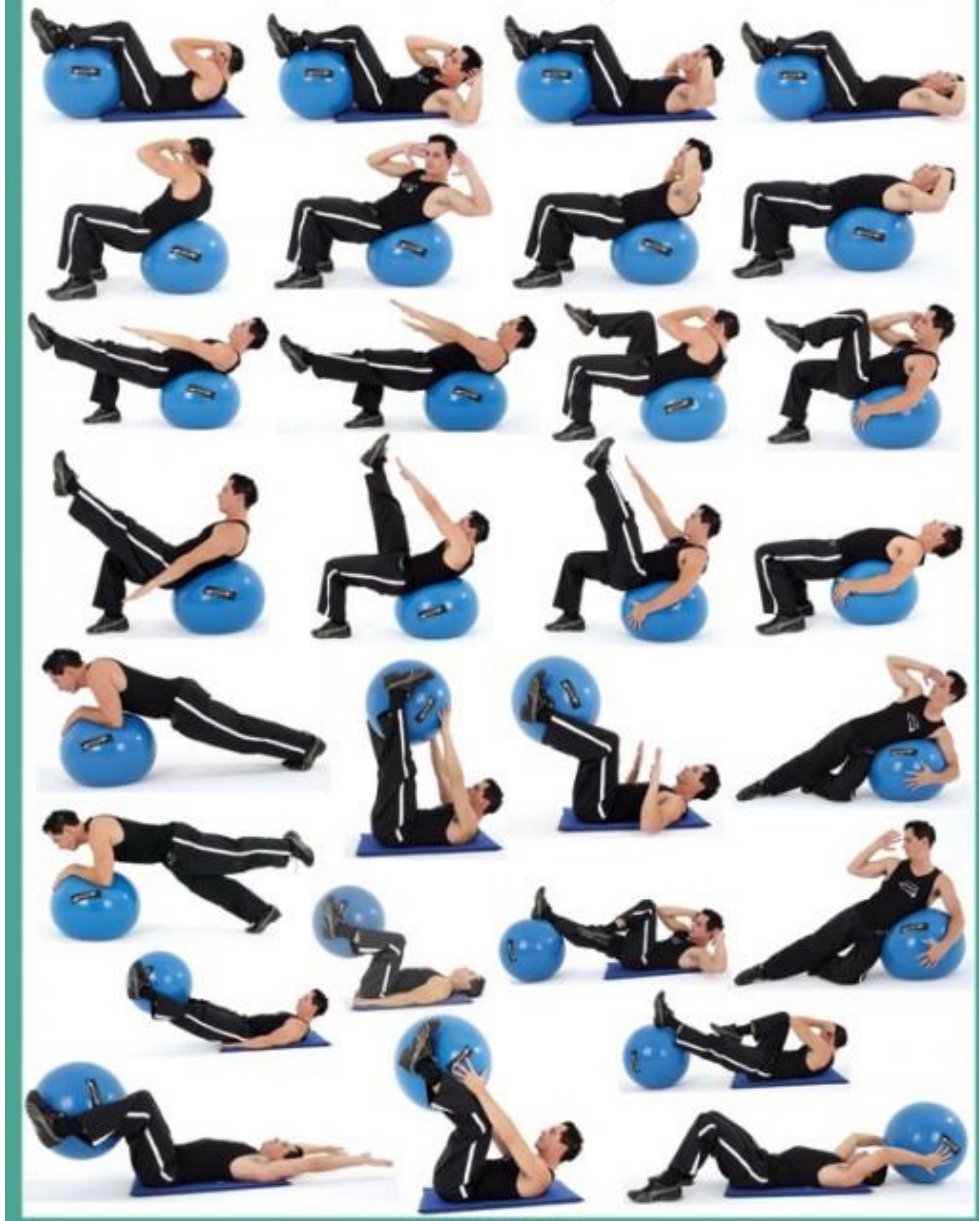
Guia de Exercícios

PHYSICUS

A MARCA DE TODOS OS ESPORTES

ABDOMINAL Bola

Equilíbrio - Resistência - Força - Coordenação Motora



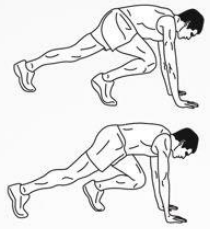
www.physicus.com.br

Cardio & Core

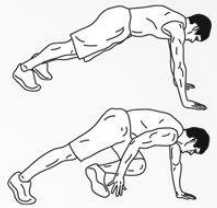
DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes

60 high knees

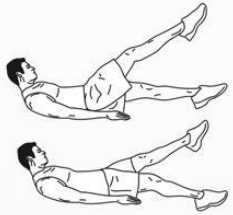


10 climbers

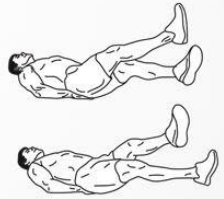


10 climber taps

60 high knees

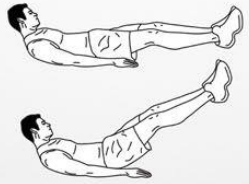


10 flutter kicks



10 scissors

60 high knees



10 leg raises

10 raised leg circles

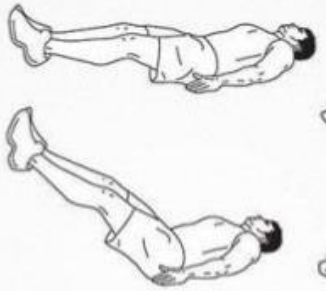
NEILA REY WORKOUT

neilarey.com

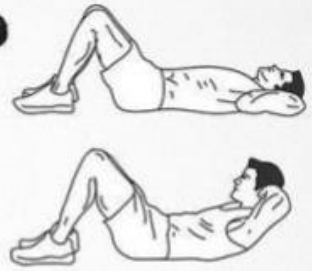
Bruce Lee abs

reps each level I 20 reps level II 30 reps level III 40 reps bruce lee 90 reps

1. Russian twist

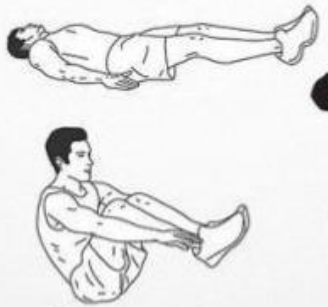


2. leg raises

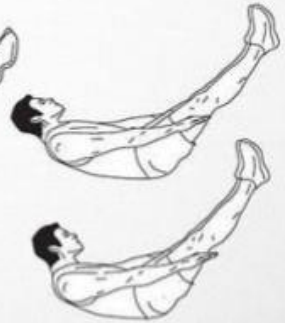


3. crunches

4. heel touches



5. modified V-sits



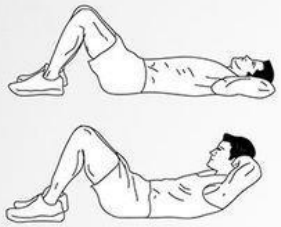
6. hundreds

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

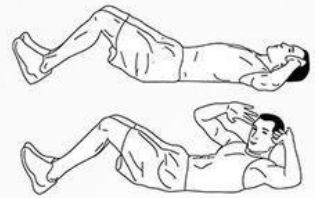
6-PACK ABS

CRUNCH WORKOUT

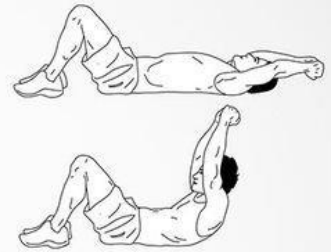
BEGINER: 5 REPS
INTERMEDIATE: 10 REPS
ADVANCED: 20 REPS



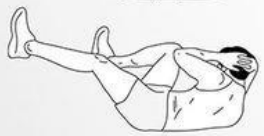
crunches



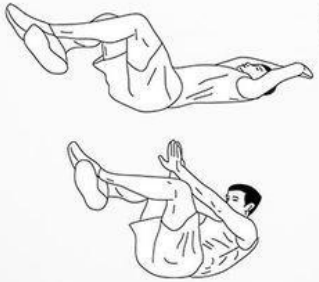
twisting crunches



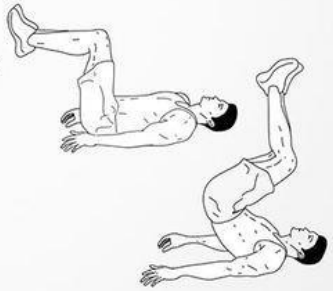
long arm crunches



cycling crunches



knee crunches



reverse crunches

REST BEGINNER: 45 SECONDS INTERMEDIATE: 30 SECONDS ADVANCED: 20 SECONDS

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Thank you for your kind attention!