

Core Integration Exercises

Crystal Calderoni, NASM, ACE, IDEA, AFAA



Knee Tuck w/ Pushup
(Phase 1)



Knee Tuck w/ Pushup
(Phase 2)



Knee Tuck w/ Pushup
(Phase 3)



Knee Tuck w/ Pushup
(Phase 4)



Knee Tuck w/ Pushup
(Phase 5)



Knee Tuck w/ Pushup
(Phase 6)



Knee Tuck w/ Pushup
(Phase 7)



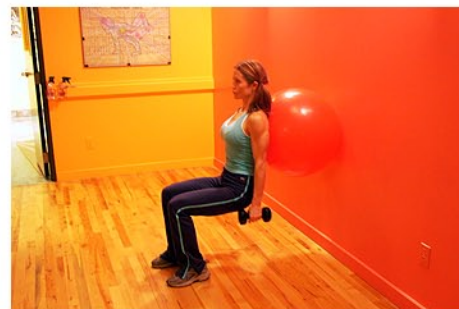
Back Extension



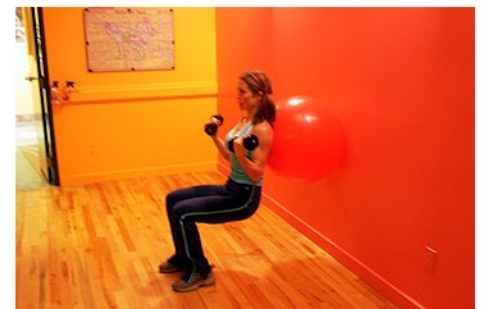
Supine Leg Curl
(Phase 1)



Supine Leg Curl
(Phase 2)



Ball Squat w/ Curl
(Phase 1)



Ball Squat w/ Curl
(Phase 2)