

Core Strengthening Exercises

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Prone Iso-Abs



**Prone Iso-Abs
(One-Legged)**



**Forward Ball Roll
(Phase 1)**



**Forward Ball Roll
(Phase 2)**



**Forward Ball Roll
(Phase 3)**



Supine Hip Extension



**Prone Twister
(Phase 1)**



**Prone Twister
(Phase 2)**



Prone Bridge