



# CORE POWER

## Target Exercises

### WARM-UP/COOL-DOWN/CARDIO

Hip Sways



Pelvic Tilts



Gentle Hops



March



In-Out Steps

Hip Flexor Stretch



Inner Thigh Stretch



Dynamic Hamstring Stretch



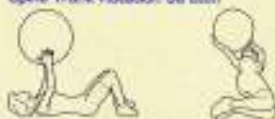
Open The Spine Stretch



Flex & Extend Back Stretch



Spine Trunk Rotation Stretch



Close The Spine Stretch



### STRETCHING

### STRENGTHENING

#### POSTERIOR

Arm & Leg Extension



Back Isolating Extension



Anchored Back Extension



Alternate Butterfly Glut Kick



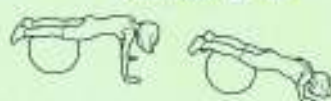
Core Strengthening Bridge



Straight Ups



Stabilizing Push-Ups



#### ANTERIOR

Inner Thigh Ball Squeeze



Low Ab Squeezes



Ab Roll-Ups



Abdominal Walks



Horizontal Strengthening



**Synergy Exerciser:** (circle resistance color) Purple (XL) Blue (L) Red (M) Black (H) Green (XH)  
 DLX-TRAINER 8 or 15 BALL 22, 55, 65 or 75cm E-ROM  
 DLX-SINGLE PRO-SINGLE E-CERVICAL  
 DLX-DOUBLE PRO-DOUBLE E-HAND POWER  
 DLX-SPORT PRO-SPORT E-FOOT  
 DLX-TOTAL BODY PRO-TOTAL BODY OTHERS:

Notes:

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