

30 DYNAMIC EXERCISES TO SHARPEN YOUR CORE

 CHEST PRESS	 KNEELING CHEST PRESS	 WIDE GRIP	 BACK AND SHOULDER REACH	 LUNGING BACK AND SHOULDER REACH	 AB CRUNCH	 TRANSVERSE AB CRUNCH
 LUNGING ROTATIONAL AB CRUNCH HIGH	 LUNGING ROTATIONAL AB CRUNCH LOW	 HALF KNEELING AB CRUNCH	 TRICEP PUSH	 JOB	 BODY TRICEP CURL	 AB CRIP AND TRICEP
 FORWARD AB HIP AND THIGH	 LUNGING AB HIP AND THIGH	 LUNGING TRANSVERSE AB HIP AND THIGH	 HALF KNEELING AB HIP AND THIGH	 LUNGING OVERHEAD AB HIP AND THIGH	 HALF KNEELING BICEP/TRICEP CURL	 HALF KNEELING JOB
 LUNGING UPPER CUT	 LATERAL SWING	 FLOOR CRUNCH BASE	 FLOOR CRUNCH INTERMEDIATE	 ROTATIONAL FLOOR CRUNCH ADVANCED	 BACK EXTENSION	 ALTERNATING ALL 4'S
 THROWING SEQUENCE - COCK PHASE	 THROWING SEQUENCE - STANCE	 THROWING SEQUENCE - FINISH	 GOLF SEQUENCE - ADDRESS POSITION	 GOLF SEQUENCE - TAKE AWAY SWING PHASE	 GOLF SEQUENCE - CONTACT ZONE	 GOLF SEQUENCE - FINISH

THIS KEY WILL ASSIST YOU IN DETERMINING THE BEST EXERCISES FOR THE MUSCLE GROUPS YOU WISH TO TRAIN. IN ADDITION, THIS KEY WILL PROVIDE VALUABLE INFORMATION ABOUT THE PROPER EXECUTION OF EACH EXERCISE, WHICH PLANE OF MOTION DOMINATES THE EXERCISE, SUGGESTED GRIP AND STANCE.

Always use proper technique! The first exercise involves using arms and torso. When you are using arms and torso, you should be standing with feet shoulder-width apart, arms extended forward, and torso slightly arched. When you are using arms and torso, you should be standing with feet shoulder-width apart, arms extended forward, and torso slightly arched. When you are using arms and torso, you should be standing with feet shoulder-width apart, arms extended forward, and torso slightly arched.

STANCE
 Feet shoulder-width apart
 Feet hip-width apart
 Feet hip-width apart
 Feet hip-width apart

PLANE OF MOTION
 Sagittal Plane
 Frontal Plane
 Transverse Plane

GRIP
 Grip 1: Overhand Grip
 Grip 2: Underhand Grip
 Grip 3: Neutral Grip
 Grip 4: Hammer Grip
 Grip 5: Hook Grip

STANCE
 Stance 1: Feet Shoulder Width
 Stance 2: Feet Hip Width
 Stance 3: Feet Hip Width
 Stance 4: Feet Hip Width