

30 DYNAMIC EXERCISES TO SHARPEN YOUR CORE

 CHEST PRESS 1. Stand with feet shoulder-width apart, holding the blade horizontally in front of your chest. 2. Push the blade forward and slightly upward, extending your arms. 3. Return the blade to the starting position. 4. Repeat.	 KNEELING CHEST PRESS 1. Kneel on one knee, holding the blade horizontally in front of your chest. 2. Push the blade forward and slightly upward, extending your arms. 3. Return the blade to the starting position. 4. Repeat.	 WELB DECK 1. Stand with feet shoulder-width apart, holding the blade with both hands. 2. Push the blade forward and slightly upward, extending your arms. 3. Return the blade to the starting position. 4. Repeat.	 BACK AND SHOULDER REACH 1. Stand with feet shoulder-width apart, holding the blade with both hands. 2. Reach the blade back and over your head, pulling it down towards your back. 3. Return the blade to the starting position. 4. Repeat.	 LUNGING BACK AND SHOULDER REACH 1. Lunge forward with your right leg, holding the blade with both hands. 2. Reach the blade back and over your head, pulling it down towards your back. 3. Return the blade to the starting position. 4. Repeat.	 AB CRUNCH 1. Stand with feet shoulder-width apart, holding the blade with both hands. 2. Crunch forward, pulling the blade towards your chest. 3. Return the blade to the starting position. 4. Repeat.	 TRANSVERSE AB CRUNCH 1. Stand with feet shoulder-width apart, holding the blade with both hands. 2. Crunch forward, pulling the blade towards your chest. 3. Return the blade to the starting position. 4. Repeat.
 LUNGING ROTATIONAL AB CRUNCH HIGH 1. Lunge forward with your right leg, holding the blade with both hands. 2. Crunch forward and rotate your torso to the right, pulling the blade towards your chest. 3. Return the blade to the starting position. 4. Repeat.	 LUNGING ROTATIONAL AB CRUNCH LOW 1. Lunge forward with your right leg, holding the blade with both hands. 2. Crunch forward and rotate your torso to the right, pulling the blade towards your chest. 3. Return the blade to the starting position. 4. Repeat.	 HALF KNEELING AB CRUNCH 1. Kneel on one knee, holding the blade with both hands. 2. Crunch forward, pulling the blade towards your chest. 3. Return the blade to the starting position. 4. Repeat.	 TRICEP PUSH 1. Stand with feet shoulder-width apart, holding the blade with both hands. 2. Push the blade forward and slightly upward, extending your arms. 3. Return the blade to the starting position. 4. Repeat.	 JIB 1. Stand with feet shoulder-width apart, holding the blade with both hands. 2. Push the blade forward and slightly upward, extending your arms. 3. Return the blade to the starting position. 4. Repeat.	 BODY TRICEP CURL 1. Stand with feet shoulder-width apart, holding the blade with both hands. 2. Curl the blade towards your chest, pulling it up towards your head. 3. Return the blade to the starting position. 4. Repeat.	 AB CRIP AND TRICEP 1. Stand with feet shoulder-width apart, holding the blade with both hands. 2. Crunch forward, pulling the blade towards your chest. 3. Return the blade to the starting position. 4. Repeat.
 FORWARD AB HIP AND THIGH 1. Stand with feet shoulder-width apart, holding the blade with both hands. 2. Crunch forward, pulling the blade towards your chest. 3. Return the blade to the starting position. 4. Repeat.	 LUNGING AB HIP AND THIGH 1. Lunge forward with your right leg, holding the blade with both hands. 2. Crunch forward, pulling the blade towards your chest. 3. Return the blade to the starting position. 4. Repeat.	 LUNGING TRANSVERSE AB HIP AND THIGH 1. Lunge forward with your right leg, holding the blade with both hands. 2. Crunch forward and rotate your torso to the right, pulling the blade towards your chest. 3. Return the blade to the starting position. 4. Repeat.	 HALF KNEELING AB HIP AND THIGH 1. Kneel on one knee, holding the blade with both hands. 2. Crunch forward, pulling the blade towards your chest. 3. Return the blade to the starting position. 4. Repeat.	 LUNGING OVERHEAD AB HIP AND THIGH 1. Lunge forward with your right leg, holding the blade with both hands. 2. Reach the blade overhead, pulling it down towards your chest. 3. Return the blade to the starting position. 4. Repeat.	 HALF KNEELING BICEP TRICEP CURL 1. Kneel on one knee, holding the blade with both hands. 2. Curl the blade towards your chest, pulling it up towards your head. 3. Return the blade to the starting position. 4. Repeat.	 HALF KNEELING JIB 1. Kneel on one knee, holding the blade with both hands. 2. Push the blade forward and slightly upward, extending your arms. 3. Return the blade to the starting position. 4. Repeat.
 LUNGING UPPER CUT 1. Lunge forward with your right leg, holding the blade with both hands. 2. Push the blade forward and slightly upward, extending your arms. 3. Return the blade to the starting position. 4. Repeat.	 LATERAL JIB 1. Stand with feet shoulder-width apart, holding the blade with both hands. 2. Push the blade forward and slightly upward, extending your arms. 3. Return the blade to the starting position. 4. Repeat.	 FLOOR CRUNCH BASE 1. Lie on your back on the floor, holding the blade with both hands. 2. Crunch up, pulling the blade towards your chest. 3. Return the blade to the starting position. 4. Repeat.	 FLOOR CRUNCH INTERMEDIATE 1. Lie on your back on the floor, holding the blade with both hands. 2. Crunch up, pulling the blade towards your chest. 3. Return the blade to the starting position. 4. Repeat.	 ROTATIONAL FLOOR CRUNCH ADVANCED 1. Lie on your back on the floor, holding the blade with both hands. 2. Crunch up and rotate your torso to the right, pulling the blade towards your chest. 3. Return the blade to the starting position. 4. Repeat.	 BACK EXTENSION 1. Lie on your back on the floor, holding the blade with both hands. 2. Lift your hips off the floor, pulling the blade towards your chest. 3. Return the blade to the starting position. 4. Repeat.	 ALTERNATING ALL 4'S 1. Lie on your back on the floor, holding the blade with both hands. 2. Lift your hips off the floor, pulling the blade towards your chest. 3. Return the blade to the starting position. 4. Repeat.
 THROWING SEQUENCE - COOK PHASE 1. Stand with feet shoulder-width apart, holding the blade with both hands. 2. Push the blade forward and slightly upward, extending your arms. 3. Return the blade to the starting position. 4. Repeat.	 THROWING SEQUENCE - STANCE 1. Stand with feet shoulder-width apart, holding the blade with both hands. 2. Push the blade forward and slightly upward, extending your arms. 3. Return the blade to the starting position. 4. Repeat.	 THROWING SEQUENCE - FINISH 1. Stand with feet shoulder-width apart, holding the blade with both hands. 2. Push the blade forward and slightly upward, extending your arms. 3. Return the blade to the starting position. 4. Repeat.	 GOLF SEQUENCE - ADDRESS POSITION 1. Stand with feet shoulder-width apart, holding the blade with both hands. 2. Push the blade forward and slightly upward, extending your arms. 3. Return the blade to the starting position. 4. Repeat.	 GOLF SEQUENCE - TAKE AWAY SWING PHASE 1. Stand with feet shoulder-width apart, holding the blade with both hands. 2. Push the blade forward and slightly upward, extending your arms. 3. Return the blade to the starting position. 4. Repeat.	 GOLF SEQUENCE - CONTACT ZONE 1. Stand with feet shoulder-width apart, holding the blade with both hands. 2. Push the blade forward and slightly upward, extending your arms. 3. Return the blade to the starting position. 4. Repeat.	 GOLF SEQUENCE - FINISH 1. Stand with feet shoulder-width apart, holding the blade with both hands. 2. Push the blade forward and slightly upward, extending your arms. 3. Return the blade to the starting position. 4. Repeat.

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.

STANCE	PLANE OF MOTION	GRIP	STANCE	PLANE OF MOTION	GRIP

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