

## 30 DYNAMIC EXERCISES TO SHARPEN YOUR CORE

<b>CHIEF PRESS</b>  Muscle groups: Chest, Triceps, Shoulders Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>KNEELING CHEST PRESS</b>  Muscle groups: Chest, Triceps, Shoulders Stance: Kneel with feet flat on floor. Grip: Overhand, palms facing each other.	<b>WEDGECORE</b>  Muscle groups: Core, Triceps, Shoulders Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>BACK AND SHOULDER PRESS</b>  Muscle groups: Back, Shoulders, Triceps Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>LUNGING BACK AND SHOULDER PRESS</b>  Muscle groups: Back, Shoulders, Triceps, Glutes, Hamstrings Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>AB CRUNCH</b>  Muscle groups: Abdominals Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>TRANSVERSE AB CRUNCH</b>  Muscle groups: Abdominals Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.
<b>LUNGING ROTATIONAL AB CRUNCH HIGH</b>  Muscle groups: Abdominals, Glutes, Hamstrings Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>LUNGING ROTATIONAL AB CRUNCH LOW</b>  Muscle groups: Abdominals, Glutes, Hamstrings Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>HALF KNEELING AB CRUNCH</b>  Muscle groups: Abdominals Stance: One knee down, one foot flat. Grip: Overhand, palms facing each other.	<b>TRICEP PUSH</b>  Muscle groups: Triceps, Shoulders Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>JOB</b>  Muscle groups: Core, Triceps, Shoulders Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>BODY TRICEP CURL</b>  Muscle groups: Triceps, Shoulders Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>AB CRIP AND TRICEP</b>  Muscle groups: Abdominals, Triceps, Shoulders Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.
<b>FORWARD AB HIP AND THIGH</b>  Muscle groups: Abdominals, Glutes, Hamstrings Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>LUNGING AB HIP AND THIGH</b>  Muscle groups: Abdominals, Glutes, Hamstrings Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>LUNGING TRANSVERSE AB HIP AND THIGH</b>  Muscle groups: Abdominals, Glutes, Hamstrings Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>HALF KNEELING AB HIP AND THIGH</b>  Muscle groups: Abdominals, Glutes, Hamstrings Stance: One knee down, one foot flat. Grip: Overhand, palms facing each other.	<b>LUNGING OVERHEAD AB HIP AND THIGH</b>  Muscle groups: Abdominals, Glutes, Hamstrings Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>HALF KNEELING BICEP TRICEP CURL</b>  Muscle groups: Biceps, Triceps, Shoulders Stance: One knee down, one foot flat. Grip: Overhand, palms facing each other.	<b>HALF KNEELING JOB</b>  Muscle groups: Core, Triceps, Shoulders Stance: One knee down, one foot flat. Grip: Overhand, palms facing each other.
<b>LUNGING UPPER CUT</b>  Muscle groups: Core, Triceps, Shoulders Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>LATERAL JOB</b>  Muscle groups: Core, Triceps, Shoulders Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>FLOOR CRUNCH BASE</b>  Muscle groups: Abdominals Stance: Lie on back, knees bent, feet flat. Grip: Overhand, palms facing each other.	<b>FLOOR CRUNCH INTERMEDIATE</b>  Muscle groups: Abdominals Stance: Lie on back, knees bent, feet flat. Grip: Overhand, palms facing each other.	<b>ROTATIONAL FLOOR CRUNCH ADVANCED</b>  Muscle groups: Abdominals Stance: Lie on back, knees bent, feet flat. Grip: Overhand, palms facing each other.	<b>BACK EXTENSION</b>  Muscle groups: Back, Glutes, Hamstrings Stance: Lie on back, knees bent, feet flat. Grip: Overhand, palms facing each other.	<b>ALTERNATING ALL 4'S</b>  Muscle groups: Core, Triceps, Shoulders Stance: On all fours. Grip: Overhand, palms facing each other.
<b>THROWING SEQUENCE - COCK PHASE</b>  Muscle groups: Core, Triceps, Shoulders Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>THROWING SEQUENCE - STANCE</b>  Muscle groups: Core, Triceps, Shoulders Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>THROWING SEQUENCE - FINISH</b>  Muscle groups: Core, Triceps, Shoulders Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>GOLF SEQUENCE - ADDRESS POSITION</b>  Muscle groups: Core, Triceps, Shoulders Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>GOLF SEQUENCE - TAKE AWAY SWING PHASE</b>  Muscle groups: Core, Triceps, Shoulders Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>GOLF SEQUENCE - CONTACT ZONE</b>  Muscle groups: Core, Triceps, Shoulders Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.	<b>GOLF SEQUENCE - FINISH</b>  Muscle groups: Core, Triceps, Shoulders Stance: Feet shoulder-width apart, toes slightly out. Grip: Overhand, palms facing each other.

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.

<b>STANCE</b> Illustrations of various stances: Feet shoulder-width apart, feet hip-width apart, one foot forward, one knee down, on all fours, lying on back.	<b>GRIP</b> Illustrations of various grips: Overhand, underhand, neutral, mixed.	<b>PLANE OF MOTION</b> Illustrations of various planes of motion: Sagittal, Frontal, Transverse.
<b>STANCE 1</b> Illustration of Stance 1	<b>GRIP 1</b> Illustration of Grip 1	<b>PLANE OF MOTION 1</b> Illustration of Plane of Motion 1
<b>STANCE 2</b> Illustration of Stance 2	<b>GRIP 2</b> Illustration of Grip 2	<b>PLANE OF MOTION 2</b> Illustration of Plane of Motion 2
<b>STANCE 3</b> Illustration of Stance 3	<b>GRIP 3</b> Illustration of Grip 3	<b>PLANE OF MOTION 3</b> Illustration of Plane of Motion 3
<b>STANCE 4</b> Illustration of Stance 4	<b>GRIP 4</b> Illustration of Grip 4	<b>PLANE OF MOTION 4</b> Illustration of Plane of Motion 4
<b>STANCE 5</b> Illustration of Stance 5	<b>GRIP 5</b> Illustration of Grip 5	<b>PLANE OF MOTION 5</b> Illustration of Plane of Motion 5
<b>STANCE 6</b> Illustration of Stance 6	<b>GRIP 6</b> Illustration of Grip 6	<b>PLANE OF MOTION 6</b> Illustration of Plane of Motion 6
<b>STANCE 7</b> Illustration of Stance 7	<b>GRIP 7</b> Illustration of Grip 7	<b>PLANE OF MOTION 7</b> Illustration of Plane of Motion 7