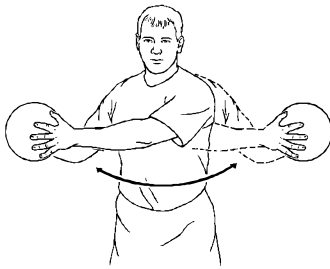


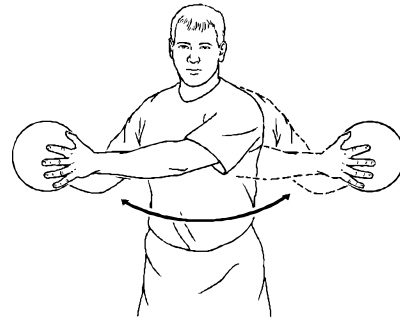
TRUNK - 6 Rotational Chop-CLOSED SIDE



Hold 5-8 pound ball with arms straight.-LEFT FOOT FORWARD- Quickly rotate ball from center to closed side(foot forward side). Repeat with RIGHT FOOT FORWARD.

Repeat 25 times. Rest      seconds after set.  
Do 3-4 sets per session.

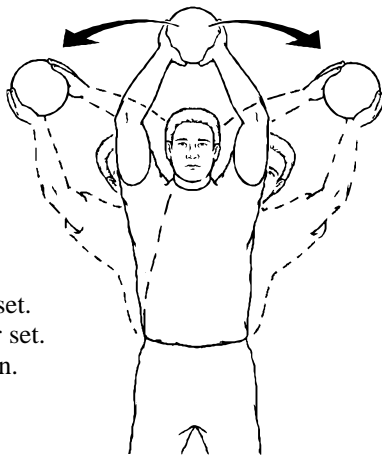
TRUNK - 6 Rotational Chop-OPEN SIDE



Hold      pound ball with arms straight.-LEFT FOOT FORWARD- Quickly rotate ball from center to OPEN side. Repeat with RIGHT FOOT FORWARD.

Repeat 25 times. Rest      seconds after set.  
Do 3-4 sets per session.

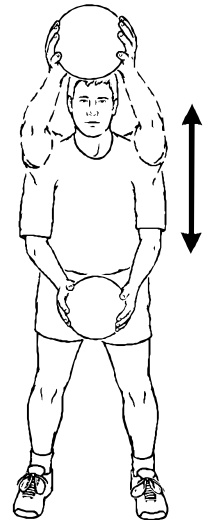
TRUNK - 20 Lateral Bend (Standing)



Hold a 5-8 pound ball over head. Bend to one side, then the other.

Repeat 40 times per set.  
Rest      seconds after set.  
Do 3-4 sets per session.

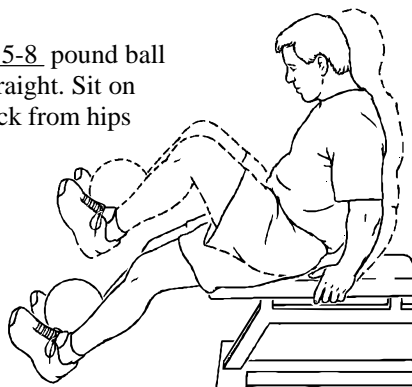
TRUNK - 5 Front Chop/LEAN BACK



Hold a 5-8 pound ball with arms straight. Move arms up and down. -BEND BACKWARDS AS FAR AS POSSIBLE WHEN BALL REACHES THE TOP- Make certain knees are bent, feet are straight, and butt is down.

Repeat 25 times per set.  
Rest      seconds after set.  
Do 3-4 sets per session.

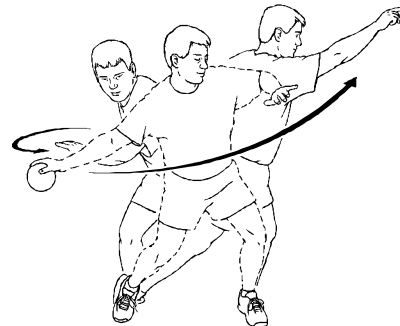
TRUNK - 17 Reverse Curl (V Sitting on Bench)



Sit on bench, holding 5-8 pound ball between feet, knees straight. Sit on edge of bench, lean back from hips and hold. Lift knees toward chest.

Repeat 25 times.  
Rest      seconds after set.  
Do 3-4 sets per session.

SPORT - 10 Track: Discus Throw



Holding 2-5 pound soft ball in right hand, wind up and simulate a throw like a discus thrower. Do one set and then repeat the other side.

Repeat 20 times. X Repeat with other hand for set.  
Rest      seconds after set. Do 3-4 sets per session.