**Lab #3 - Stabilization**

Below are the instructions for the exercises you will be performing.

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| **Core Stabilization**  Perform 12-20 repetitions | | **Balance Stabilization**  Perform 12-20 repetitions | |
| **Floor Bridge**  Progressions:   1. Contract Transversus Abdominus first 2. Perform floor bridge 3. Straighten one leg with bridge   A1  A2 | **Prone Iso-Ab**  Progressions:   1. Contract Transversus Abdominus first 2. Perform plank 3. Lift 1 leg 4. Bring leg to side   B1 | **Single-leg Balance**  Progressions:   1. Hold for 15 seconds 2. 1 eye closed 3. 2 eyes closed 4. Rotating head 5. Cover ears/eyes   E1 | **Single-leg Balance Reach**  Progressions:   1. Reach to the side 2. Turn & reach behind 3. Close eyes   F1F2  F3 |
| **Core Strength**  Perform 8-12 repetitions | | **Balance Strength**  Perform 8-12 repetitions | |
| **Floor Crunch**  Progressions:   1. Hands behind ears 2. Hands overhead   C1 | **Trunk Rotation**  Progressions:   1. Change modality 2. Add unstable surface   D1D2 | **Single-leg Squat**  Progressions:   1. Hands on hips 2. Hands toward foot 3. Eyes closed 4. Add unstable surface   G1G2 | **Lunge to Balance**  Progressions:   1. Lunge to side 2. Turning Lunge   H1H2 |

You can add small single-legged jumps to challenge your stabilization and balance….but please progress slowly to this option so you avoid injury.