
















LEVEL II EXERCISES

EXERCISE NUMBER		EXERCISE NAME	MUSCLES TARGETED
1		Opposite Arm/Leg Reach from Plank Position	Low back, glute major
2		Supermans with Heel Touches	Low back, glute major, hamstrings
3		Prone Snow Angels with Shoulder Press	Low back, mid back, upper back, shoulders, lateral hip muscles
4		Walking Hip Bridge	Low back, glutes, hamstrings
5		Shoulder Blade Squeeze from Push-up Position	Mid back
6		Tim-berrr!	Transversus abdominis (TVA)
7		Reverse Crunch	Transversus abdominis (TVA)
8		Seated Boat Row	Obliques

Continued on next page »

LEVEL II EXERCISES (Continued)

EXERCISE NUMBER		EXERCISE NAME	MUSCLES TARGETED
9		Side Plank	Obliques
10		Crossover Squats	Glutes, hamstrings, quads, lateral hip muscles
11		Grab the Water Bottle	Transversus abdominis (TVA), shoulder complex, spinal stabilizers
12		The Wall	Transversus abdominis (TVA), shoulder complex, spinal stabilizers
13		TT Position Acceleration	Entire core musculature
14		Overhead Squats	Entire core musculature
15		TT Final Sprint	Entire core musculature