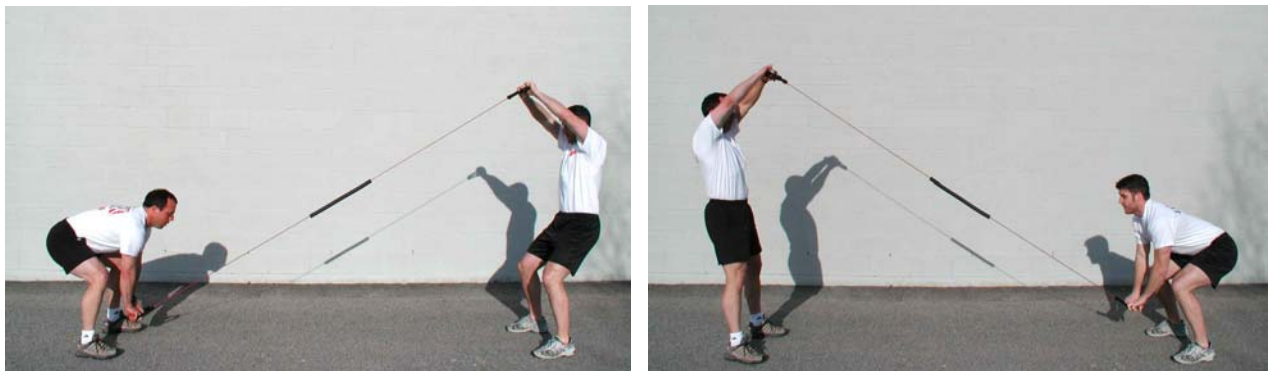


COREBANDS

Corebands can be used in a variety of ways to supplement core training. Select a band of appropriate resistance for each exercise.

1. **CHOP & LIFT** – As one partner moves his handle in a chopping motion between his knees the other lifts his handle overhead. The partners then immediately move in the opposite direction and continuously repeat, going up and down in a “see-saw” motion. For variation, chop to the outside of either leg and/or lift over either shoulder.



2. **TORSO TWIST** – Start with tubing at waist level. Partners should twist in opposite directions. Repeat with each partner rotating to the other side.



3. **SINGLE LEG PULLS** – Each partner should start by standing on one leg and holding a handle with the opposite hand. They should then pull the tubing back towards their bodies. Partners can pull at the same time or in an alternating fashion.



4. **CIRCLES** – Begin with partners facing in the same direction, holding the tubing at waist level. Partners should simultaneously move in a circular motion, lowering the tubing below the knee and then bringing it overhead.



5. **RESISTED PUSH UP** – Assume push up position with tubing running behind the back. Perform a push up. For variation, perform a standing chest press by executing the same movement while on your feet.



6. **OVERHEAD STABILIZATION** – One partner holds a handle overhead with both hands. The other stands behind him and moves the other handle in various directions. The front partner attempts to maintain stability throughout the core of the body. For greater difficulty, perform with the front partner standing on one leg.

