

Core – Frontal

□ **Level One** - Continue exercise _____



Starting Position: Stand with feet pointed forward shoulders' width apart and knees slightly bent. Sidebend to one side, pushing your hip out to the side in an opposite motion. Repeat to opposite side.

Repeat ____ times, ____ sets, ____ times/day

□ **Level Two** – Begin exercise _____



Starting Position: Stand with feet pointed forward shoulders' width apart and knees slightly bent. Position arms overhead, holding a ball or weight (if instructed).

Sidebend to one side, pushing your hip out to the side in an opposite motion. Repeat to opposite side.

Repeat ____ times, ____ sets, ____ times/day

Additional Instructions: _____