

Core Training Stabilization Exercises

Difficulty: Hard

Y B Z S U P E R M A N U J
O O A B D O M I N A L E E
G W H R G K E T U L G B S
A C Y G O E E U A D N V R
N O I T A T O R I T N A E
E L L R I T A R O O R K V
S A P L T L B T R C X N S
A N O J E E I O I H M A N
C D H U D B M B C O I L A
T M C I D E R O A A N P R
I I S Z B L X A S T B A T
U N F O L L A P B I S L L
S E M R E S I S T A N C E

Find these words:

ANTIROTATION	SIDEBRIDGE	ROTATIONAL	KETTLEBELL
RESISTANCE	TRANSVERSE	ISOMETRIC	STABILITY
ABDOMINAL	SUPERMAN	SUITCASE	LANDMINE
BARBELL	BRIDGE	PALLOF	PLANK
GLUTE	CABLE	YOGA	CHOP
CORE			