# Core Training Stabilization Exercises

Difficulty: Hard

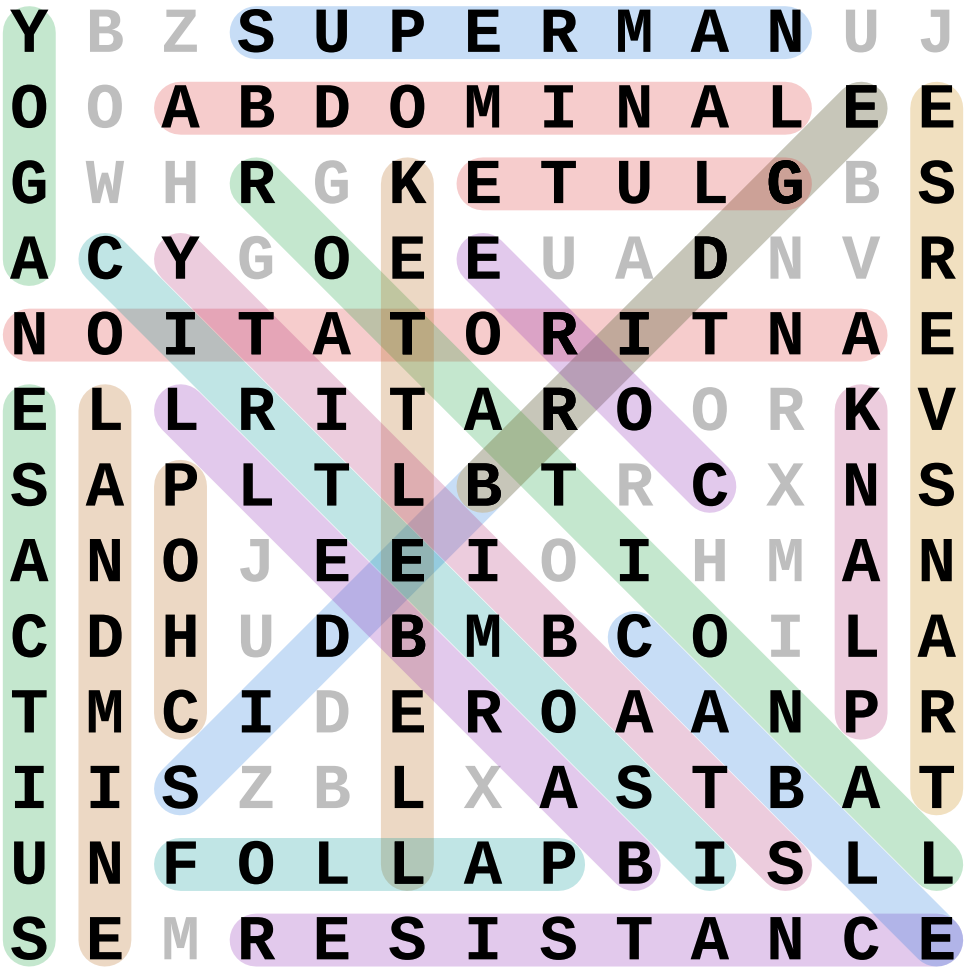
Y B Z S U P E R M A N U J
O O A B D O M I N A L E E
G W H R G K E T U L G B S
A C Y G O E E U A D N V R
N O I T A T O R I T N A E
E L L R I T A R O O R K V
S A P L T L B T R C X N S
A N O J E E I O I H M A N
C D H U D B M B C O I L A
T M C I D E R O A A N P R
I I S Z B L X A S T B A T
U N F O L L A P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

# Core Training Stabilization Exercises - Answer Key

Difficulty: Hard




**Words found:**

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