

Peterborough City Soccer Academy
Core Program



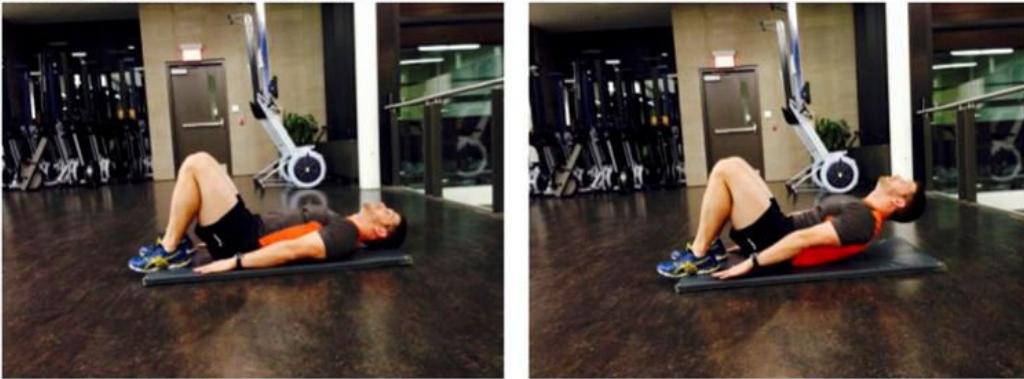
PETERBOROUGH
CITY
ACADEMY

Core Exercise Encyclopedia

Sprinters Crunch:



Flat Back Chest Raise:



Rotating Obliques:



Bompa's:



Bicycle Crunch:

