

BEST CORE EXERCISES

SETS, REPS & PROGRESSIONS

Perform up to 3 sets of holds

Cat/Camel: 5—8 cycles used as a gentle warm-up

Level 1 & 2 plank: 30 second hold. Progress to a total of 3 sets.

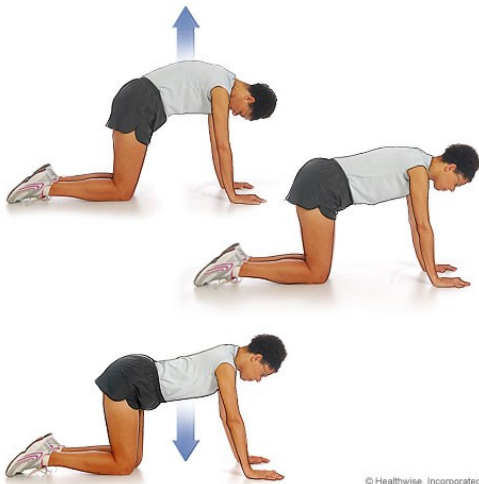
Level 3 plank: alternate legs & hold 3-5 seconds. 8— 10 reps and up to 3 sets

Bird dog: alternate legs & hold 5—8 seconds. 8—10 reps and up to 3 sets

Side plank: A & B 5—7 second holds. Come down to floor or neutral for 3 seconds.

Repeat 5x per side . Progress to a total of 3 sets.

Side Plank C (Reach Under): 5—8 per side and up to 3 sets. Can add a dumbbell hold.



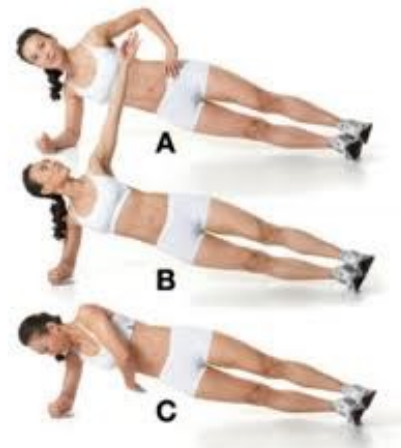
CAT CAMEL



FRONT PLANK LEVELS



BIRD DOG



SIDE PLANK LEVELS

ADVANCED CORE

SETS, REPS & PROGRESSIONS

Perform up to 3 sets of holds

T Rotation: 8—12 reps up to 3 sets. Add push-up between reps or hold hex dumbbells in both hands so you are lifting one db on the rotation

Plank with Opposite Leg & Arm Reach: 5—7 second hold. Alternate sides to 10 reps. Up to 3 sets.

Stir the Pot: 4—8 reps alternating circle direction. Up to 3 sets.



T ROTATION



**PLANK WITH OPPOSITE LEG &
ARM REACH**



STIR THE POT

CORE SETS, REPS & PROGRESSIONS

Cat/Camel: 5—8 cycles used as a gentle warm-up

Level 1 & 2 plank: 30 second hold. Progress to a total of 3 sets.

Level 3 plank: alternate legs & hold 3-5 seconds. 8— 10 reps and up to 3 sets

Bird dog: alternate legs & hold 5—8 seconds. 8—10 reps and up to 3 sets

Side plank: A & B 5—7 second holds. Come down to floor or neutral for 3 seconds. Repeat 5x per side . Progress to a total of 3 sets.

Side Plank C (Reach Under): 5—8 per side and up to 3 sets. Can add a dumbbell hold.

Only progress to more advanced exercises when you are able to easily perform all the reps & sets at your current level.

ADVANCED MOVES

T Rotation: 8—12 reps up to 3 sets. Add push-up between reps or hold hex dumbbells in both hands so you are lifting one db on the rotation

Plank with Opposite Leg & Arm Reach: 5—7 second hold. Alternate sides to 10 reps. Up to 3 sets.

Stir the Pot: 4—8 reps alternating circle direction. Up to 3 sets.