



NAME: TRAINING PHASE: Basic Core Conditioning

GOALS: Core Stability

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Exercise	Reps	Rest	Tempo	Sets
A1 Lower Abdominal Co-ordination	10 each	30 secs	Slow	1-3
A2 Bird Dog	10 each	30 secs	H:5	1-3
A3 Side Bridge	1 each side	30 secs	H:30	1-3
A4 Plank	1 total	30 secs	H:45	1-3

Notes: Perform each program 3-5 times a week

Maintain core activation and diaphragmatic breathing at all times

Warm up with one set of the first 2 exercises performing 4-6 repetitions

Use good form as your guideline; if form drops, finish the exercise