

Intermediate: Fundamental 3

Day 1 Progressions		
Weeks	Sets	Duration
Week 1	3	30 - 45 Seconds
Week 2	3	45 Seconds
Week 3	4	45 Seconds - 1 Minute
Week 4	4	1 Minute

Day 2 Progressions		
Weeks	Sets	Repetitions
Week 1	3	15
Week 2	3	15-20
Week 3	4	20
Week 4	4	25

Day 3 Progressions		
Weeks	Sets	Duration
Week 1	3	30 - 45 Seconds
Week 2	3	45 Seconds
Week 3	4	45 Seconds - 1 Minute
Week 4	4	1 Minute

Day 1: Core

Exercise	Sets	Duration
Side Plank(Right)	3	30 - 45 Seconds
Plank	3	30 - 45 Seconds
Side Plank(Left)	3	30 - 45 Seconds

Note: If needed you can perform on your knees and on hands

Day 2: Abdominal

Exercise	Sets	Repetitions
Side Crunches(Each Side) - Optional	3	15 - 20
Crunches or Machine Crunches	3	15 - 20
Leg Raises - Optional	3	15 - 20
Back Extensions - Machine Back Extensions	3	15 - 20

Day 3: Cardio Core

Exercise	Sets	Duration
Side To Side Heel Taps	3	30 - 45 Seconds
Flutter Kicks	3	30 - 45 Seconds

Note: Perform with full ranges of motion