

Homing Thy Core

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

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

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

Day 1: Abdominal

Exercise	Sets	Duration
Extending Heel Tap Crunches	3	15
Straight Leg Full Sit Ups	3	15
Single - Single - Double Leg Raises	3	15

Day 2: Cardio Core

Exercise	Sets	Repetitions
Russian Twist	3	30 - 45 Seconds
Upright High Knees	3	30 - 45 Seconds
Upright Straight Leg Toe Taps	3	30 - 45 Seconds

Day 3: Core & Abdominal

Exercise	Sets	Duration
Plank Side to Side Hip Taps	3	15
High Plank Spidermans	3	15
Plank Climbers	3	15

Note: Perform with full ranges of motion