

## Lacing The Core

Day 1 Progressions				
Weeks	Sets	Repetitions	OR	Duration
Week 1	3	10		30 - 45 Seconds
Week 2	3	15		45 Seconds
Week 3	4	15		45 Seconds
Week 4	4	20		1 Minute

Day 2 Progressions				
Weeks	Sets	Repetitions	OR	Duration
Week 1	3	20		45 Seconds - 1 Minute
Week 2	3	25		1:00 - 1:30 Minutes
Week 3	4	20		45 Seconds - 1 Minute
Week 4	4	25		1:00 - 1:30 Minutes

Day 3 Progressions				
Weeks	Sets	Repetitions	OR	Duration
Week 1	3	15		45 Seconds
Week 2	3	20		45 Seconds - 1 Minute
Week 3	4	25		1:00 - 1:30 Minutes
Week 4	4	30		2 Minutes

## Day 1

Exercise	Sets	Repetitions		Duration
Upright Alt Leg Raising Toe Taps	3	10	<b>OR</b>	30 - 45 Seconds
Lying Full Sit Ups	3	15		45 Seconds
Pike	4	15		45 Seconds
Russian Twist	4	20		1 Minute

## Day 2

Exercise	Sets	Repetitions		Repetitions
Lying Alt Toe Taps	3	20	<b>OR</b>	45 Seconds - 1 Minute
Fly Crunches	3	25		1:00 - 1:30 Minutes
Alt. Leg Raises	4	20		45 Seconds - 1 Minute
WindShield Wipers	4	25		1:00 - 1:30 Minutes

## Day 3

Exercise	Sets	Repetitions		Duration
Flutter	3	15	<b>OR</b>	45 Seconds
High Diamond	3	20		45 Seconds - 1 Minute
Leg Raises	4	25		1:00 - 1:30 Minutes
Side To Side Heel Taps	4	30		2 Minutes

**Note: Perform with full range of motion**