

Order	Exercise-Settings NOTES	(rep pattern)	wkout	Sets	Rep Range	Load	Tempo	Rest	uni or bi	Date																						
											Sets	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6			
	Front Core Mobility (choose one exercise in video)										wt																					
											Reps																					
											Note																					
a1	*Crunch: McGill progressions (crunch, crunch arm lift, crunch leg lift, crunch + crunch)		1,2	3	6	8		2	5	1	15	30	1	wt																		
			3,4	3	8	10		2	5	1	15	30	1	Reps																		
			5,6	3	10	12		2	5	1	15	30	1	Note																		
	Side Core Stability (choose 1 exercise)													wt																		
														Reps																		
														Note																		
a2	*sidelying hip lift: w/ hip thrust- start from flexed hips and flexed knees	level 1	1,2	3	6	8		2	5	1	15	30	2	wt																		
a			3,4	3	8	10		2	5	1	15	30	2	Reps																		
			5,6	3	10	12		2	5	1	15	30	2	Note																		
a2	*sidelying hip lift: 90 knee bend	level 2	1,2	3	6	8		2	5	1	15	30	2	wt																		
b			3,4	3	8	10		2	5	1	15	30	2	Reps																		
			5,6	3	10	12		2	5	1	15	30	2	Note																		
a2	*sidelying hip lift: w/ straight leg	level 3	1,2	3	6	8		2	5	1	15	30	2	wt																		
c			3,4	3	8	10		2	5	1	15	30	2	Reps																		
			5,6	3	10	12		2	5	1	15	30	2	Note																		
	Side Core Stability (choose 1 exercise)													wt																		
														Reps																		
														Note																		
a3	*glute bridge: ISO hold		1,2	3	6	8		2	5	1	15	30	1	wt																		
a			3,4	3	8	10		2	5	1	15	30	1	Reps																		
			5,6	3	10	12		2	5	1	15	30	1	Note																		
a3	*glute bridge: SL crossover, ISO hold		1,2	3	6	8		2	5	1	15	30	2	wt																		
b			3,4	3	8	10		2	5	1	15	30	2	Reps																		
			5,6	3	10	12		2	5	1	15	30	2	Note																		
a3	*glute bridge: SL, ISO hold		1,2	3	6	8		2	5	1	15	30	2	wt																		
c			3,4	3	8	10		2	5	1	15	30	2	Reps																		
			5,6	3	10	12		2	5	1	15	30	2	Note																		

Order	Exercise-Settings NOTES	(rep pattern)	wkout	Sets	Rep Range	Load	Tempo	Rest	uni or bi	Date																						
											Sets	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6			
	Front Core Mobility (choose one exercise in video)										wt																					
											Reps																					
											Note																					
a1	*Leg Raise: from bench (progression- alt leg pushout, alt leg raise, double leg raise)		1,2	3	9	13		2	0	1	15	30	2	wt																		
			3,4	3	13	15		2	0	1	15	30	2	Reps																		
			5,6	3	15	20		2	0	1	15	30	2	Note																		
	Side Core Stability (choose 1 exercise)												wt																			
													Reps																			
													Note																			
a2	*side-lying crunch: sb, arm across chest, Iso-hold		1,2	3	9	13		2	2	1	15	30	2	wt																		
a			3,4	3	13	15		2	2	1	15	30	2	Reps																		
			5,6	3	15	20		2	2	1	15	30	2	Note																		
a2	*side-lying crunch: sb, elbows out, Iso-hold		1,2	3	9	13		2	2	1	15	30	2	wt																		
b			3,4	3	13	15		2	2	1	15	30	2	Reps																		
			5,6	3	15	20		2	2	1	15	30	2	Note																		
a2	*side-lying crunch: sb, top arm out, Iso-hold		1,2	3	9	13		2	2	1	15	30	2	wt																		
c			3,4	3	13	15		2	2	1	15	30	2	Reps																		
			5,6	3	15	20		2	2	1	15	30	2	Note																		
	Side Core Stability (choose 1 exercise)												wt																			
													Reps																			
													Note																			
a3	*quadriped: remedial - single arm raise		1,2	3	6	8		1	5	1	15	30	2	wt																		
a			3,4	3	8	10		1	5	1	15	30	2	Reps																		
			5,6	3	10	12		1	5	1	15	30	2	Note																		
a3	*quadriped: remedial - single leg raise		1,2	3	6	8		1	5	1	15	30	2	wt																		
b			3,4	3	8	10		1	5	1	15	30	2	Reps																		
			5,6	3	10	12		1	5	1	15	30	2	Note																		
a3	*quadriped: opposite arm /leg raise		1,2	3	6	8		1	5	1	15	30	2	wt																		
c			3,4	3	8	10		1	5	1	15	30	2	Reps																		
			5,6	3	10	12		1	5	1	15	30	2	Note																		