

CORE EXERCISES

Unstable environment makes the Core work: do these as timed reps unless form breaks, then quit

Shakiness is good, recruiting small muscles. Slow twitch muscles are for endurance

No reason to go fast, slow and controlled

You only get stability by being unstable

Workout #1

1. Single Leg Pendulum Swing – stand on rolled mat, Lower dumbbell straight down with dumbbell leg swing back. Progression is more weight and lifting dumbbell above the head on return
2. Plank on Mat – Posture critical. Alternating leg lift then rock forward on toes
3. Kneel on knees, toes up, body upright – Ball arm extended with hand open. Pulsatile movements against a band. Progression is to come more forward, and to kneel on a mat
4. Torso Twist – Stand on mat, squat with bands in each hand. Twist with core when coming up. Posture upright, keep butt above the knees
5. Push up Row with Dumbbells – Core tight the whole time. Pull dumbbell straight up. Progression is to lift opposite leg and to have the dumbbells perpendicular.

Workout #2

1. Pushup with alternating shoulder tap. Core is tight. Head is looking down. Progression is mat and alternating leg lift.
2. Pitching with bands under arms – under far arm and then wrap near arm . Hands together. Pitch and twist, just using core with foot extension.
3. Medicine Ball plank – ball under chest. Alternating leg lifts. Progression – push up when leg is lifted or knee in when leg is lifted, medicine ball on rolled mat
4. lateral squat against band. Reach out at shoulder height with leg reaching out.
5. Single leg squats on mat. Progression – hold dumbbell, stand on band with wrap over elbows.

Workout #3

1. step up on plyo box with bands, full extension of arms. Step up one leg, use core, add opposite knee lift. Progression – unstable pad on top of box
2. Three point chop – lateral pulls on bands while kneeling. Down, across , up . Don't turn hip, just use core Progression – toes up , on mat
3. 90 degree arm pulse against bands on one leg. Progression, on mat.
4. Overhead medicine ball lunge. Ball in each extended arm, arms forward, same leg lunge each time. Progression, arms down and push up when returning upright.

Workout #4

1. Single arm medicine ball push up and pass to other hand. Progression – alternating leg lift
2. torso twist with bands and medicine ball, toes up. Progression – kneel on mat.
3. Core smash with medicine ball. On knees, toes up. Arms full extended the whole time

4. Homer (iso-ab) with softball pass.
5. Single leg squats on the mat.

Bonus Exercises

1. Push up on softballs, hands open, not grabbing, push up with leg lift. Push up with knee tuck
2. Push up with balls on a bar- leg lifts and knee kicks, Progression, bar on balls
3. Alternating step out. Hands fully extended – one up and one down, bring together as you step out. One foot at a time