

Core Training

Choose 1 Option Below, Complete Circuit

Body Weight Core	Band Core	TRX Core	Med Ball Core
3 Rounds x 20 Reps Each	3 Rounds x 20 Reps Each	3 Rounds x 20 Reps Each	3 Rounds x 20 Reps Each
<div>Sit Ups</div> <div>Toe Touches Crunch</div> <div>Leg Raises</div> <div>Bicycles</div> <div>Cross Mountain Climber</div> <div>Russian Twist</div> <div>Rocky Sit Up</div> <div>Side Plank Hip Dip</div>	<div>Band Sit Up</div> <div>Knee Tucks</div> <div>Alternate Knee Tucks</div> <div>Bicycles</div> <div>Pallof Press</div> <div>Standing Crunch</div> <div>Side Bends (R/L)</div> <div>Standing Lateral Crunch</div>	<div>Standing Rollout</div> <div>Standing Alternate Rollout</div> <div>Kneeling Rollout</div> <div>Kneeling Alternate Rollout</div> <div>Plank</div> <div>Side Plank</div> <div>Pendulum</div> <div>Mountain Climbers</div>	<div>Slams</div> <div>Inverted U Slam</div> <div>Russian Twist</div> <div>Lateral Toss</div> <div>Chest Pass</div> <div>Straddle Sit Ups</div> <div>Overhead Sit Up</div> <div>High to Low Angular Slams</div>
Isometric Core	Partner Core	Physio Ball Core	Kettlebell Core
3 Rounds x 20 Seconds Each	3 Rounds x 20 Reps Each	3 Rounds x 20 Reps Each	3 Rounds x 20 Reps Each
<div>Plank</div> <div>Side Plank (R/L)</div> <div>Alternate Plank</div> <div>Pallof Hold</div> <div>6 Inch Hold</div> <div>V - Sit Hold</div> <div>Straight Arm Side Plank</div> <div>Plank Walk Up</div>	<div>Leg Throw Downs</div> <div>Sit Up</div> <div>Opposite Elbow to Knee</div> <div>Resisted Sit Up</div> <div>Resisted Leg Raise</div> <div>Resisted Pallof Hold</div> <div>Egg Rolls</div> <div>Ankle Pulls</div>	<div>Crunches</div> <div>Rollouts</div> <div>Plank Circles</div> <div>Jack Knives</div> <div>Side Crunch</div> <div>Knee Tucks</div> <div>Ceiling Touches</div> <div>Alternate Ceiling Touches</div>	<div>Side Bends (R/L)</div> <div>Russian Twist</div> <div>Turkish Get Up</div> <div>Single Arm Opposite Foot Toe Touch</div> <div>Suitcase Crunch</div> <div>Swings</div> <div>Overhead Tilt</div> <div>Overhead Walk</div>