

Exercise	Sets	Notes
Dead Bugs	2 x 20	
McGill Curl-Up	2x10	you can also start with 6/4/2
Side Plank	3x20 seconds, 2x20 seconds, 1x20 seconds (per side).	So e.g., 3x20 on one side, with about 10 seconds between, then switch to the other side and do 3x20, then rest a minute, then 2x20, etc.
Plank	3-5x20 seconds	really good form, really contracting glutes and quads as hard as you can - 20 seconds is about as long as you can maximally contract your glutes, might even need to start at 10 seconds
Bird Dog	2x10/side	10 repetitions with 10 second hold per side, then switch - 2 sets
Palloff presses/rotations	2-3 sets of 10	10 presses/10 rotations, per side (facing opposite directions)
Wood chop	2 x 20 per side	

[Dead bugs](#)

[McGill Curl Up](#)

Plank/Side Plank

[Bird dog](#) - I actually do this with a 10 second pause at extension, and instead of coming back to the start, I touch my knee and hand together, which is called "sweeping". The goal here is to bring your hips and shoulder through a range of motion while bracing and stabilizing, specifically maintaining neutral in the lumbar, and not twisting in the hips.

Palloff [Presses/Rotations](#)

[Half-kneeling cable wood-chop](#) - the bar attachment can be substituted for a rope attachment, and I've also done this with a band. When doing this, keep your glutes activated, and lumbar neutral.