Core & Legs Training

Min. 8-12 sets

3min rest between sets

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Anterior Core (pp.148) | Sets | Reps | Last Weight |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Abdominal Crunch | 2 | Until failure | No weight |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| One-Arm Elbow and Side Plank | 1 | 1-2min | No weight |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| One-Arm, One-Leg Plank | 2 | Until failure | No weight |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Posterior Core (pp.152)** | **Sets** | **Reps** | **Last Weight** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Reverse Plank | 2-3 | 20-60s | No weight |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Superman | 2 | Until failure | No weight |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Back Bridge | 2 | 15-20 | No weight |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Side Hip Raise | 1 | 10-20 | No weight |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Total Core & Legs (pp.154)** | **Sets** | **Reps** | **Last Weight** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dumbbell Snatch | 1 | 5-10 | 2x3,75 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sumo Deadlift (2x/week) | 2 | 15 | 2x3,75 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |