



Core Strength and Stability

Workout Weeks 1-4

WARM-UP

Bird Dog: 8-12 (Hard Count)
Cat/Cow: 60 seconds, 5 second hold in each position

CIRCUIT

Complete one set of each exercise then move onto the next exercise. Perform 2-4 sets of the circuit

Clam x 10
Superman x 10 (5 second)
Hip Bridge with band x 10
Plank x 30 seconds
Straight Legged Band Walks x 10 each way
Supine Bird Dog x 10 (hard count, moderate pace)

NOTES

- Do not hold your breath. Make sure you are breathing deeply and slowly.
- Your exhale should match the “contraction”.
- Weeks 1 and 2 perform 2 sets of the circuit. Weeks 3 and 4 perform 3 and 4 sets of the circuit respectively.
- Increase the band tension as needed.
- Increase planking time to 45 seconds week 3 and 4.
- Complete the circuit every other day.