

# Sample Core Workout Sheet 1

Step 1 - Find 10 mins x 3 over the week

Step 2 - If you don't have any equipment, just do it without

Step 3 - Be consistent, this trumps over quantity

## Core workout - 1

Exercise	Description	Reps	Sets
<b>Squats</b> <ul style="list-style-type: none"> <li>- With weights</li> <li>- Body weight only</li> <li>- Jump as you squat up</li> </ul>	Bend at hips, feet shoulder width apart. Use glutes as your prime mover to lower and to squat back up. Core strong, shoulders back, chest out. Breathe in as you go down, breathe out as you push back up.	10 - 20 depending on weight used	1 -3 depending on time and progression
<b>Prone Rows</b> <ul style="list-style-type: none"> <li>- With weights</li> <li>- Body weight only</li> <li>- Raise feet on a step</li> </ul>	Hold body in a push up position on toes. If this is too hard to hold, start off on knees. Core is strong, lower back supported. Hands directly underneath shoulders. With minimal twisting lift one hand up with or without weight in a row. Repeat on other side.	10-15 each side	1 -3 depending on time and progression
<b>Swiss Ball Knee tucks</b>	Feet on Swiss ball in a push up position. Core strong supporting lower back. Draw the ball toward your chest by bending knees and contracting abdominals. Go back to start position in same controlled manner.	5-15	1 -3 depending on time and progression
<b>Deadlifts</b> <ul style="list-style-type: none"> <li>- With weights</li> <li>- Without weights</li> </ul>	Stand tall, core switched on, shoulders back and knees relaxed with slight bend. As you breathe out, bend at hips maintaining a strong back, bring your weights towards the floor. You should a pull in your hamstrings. To return back, breathe out, engage glutes and hamstrings to start the process - not your back. Squeeze glutes and open chest back to start.	10- 15 depending on weight used	1 -3 depending on time and progression
<b>Bird Dog</b>	Knees under hips, hands under shoulders, kneeling on floor facing down. Core strong, supporting lower back. On breathing out raise and extend left arm and right leg maintaining balance and strength through your glutes, lower back, abdominals and shoulders. Breathe in and return in controlled manner, repeat on other side.	10-15 each side. Hold for 2 seconds each rep.	1 -3 depending on time and progression

## Stretches for mobility and release of tightness

Stretch	Description
<b>Squat Stretch</b>	Get into a crouch position, preferably holding something heavy, or weights so that you sink into it with greater depth. This also holds you in a balanced position. Ensure your elbows can push out against the inside of your thigh/knee area and as you feel the squat deepen you can also push out on your thighs and feel a groin stretch too. This really releases the hips and improves flexibility. HOLD for 10 seconds up to a minute as you get better.
<b>Hip Flexor Stretch</b>	Kneel on ground, on one knee with opposite leg forward, bent at knee. To feel stretch it's just a matter of lengthening the distance between the front and back so you feel the hip flexor stretch. You may even feel opposite glute stretch too. Add more stretch by reaching down to the ground. See the video for description. Make sure you do both sides.
<b>Hip Flexor Glute Stretch</b>	Get down on the ground in your best split position, with your forward leg in front like you are about to cross your knees, rear leg back and straight about to do splits. Lean forward and down in the glutes and hips to get the stretch to activate. Video gives better picture. Make sure you do both sides.