

Sample Core Workout Sheet 2

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
Single Leg Step up	One foot raised on a step. Other foot on the ground. Hands on hips, chest open, shoulders back, glute on raised foot activated ready to engage the lift. On your breath out, squeeze glute to straighten the bent leg, this will lift the lowered foot to the height of the step. Lower in same controlled manner using glute.	5 - 10 each side	1 -3 depending on time and progression
Bicycle Crunches	Lying on back, knees bent feet off floor, hands behind head with elbows bent. Push your lower back into the floor using your abdominals. On your breath out bring your left shoulder/chest to your right knee as your left leg extends out straight. Repeat on other side. Video is good to watch.	10-15 each side	1 -3 depending on time and progression
Superman	Lying face down. Arms out front, legs straight out back. Use your core and lower back to engage the movements as well as your glutes. On your breath out lift arms and legs simultaneously and reach and hold for 2 seconds. Release slowly and controlled.	5-10	1 -3 depending on time and progression
Plank - Variations can be added	Prone position, can be done on hands or elbows and can also be done on knees instead of feet. Engage your abdominals, lower back and glutes to maintain a straight 'plank' position. Always maintain breathing!	20 seconds up to 2 mins	1 -3 depending on time and progression
Dead Bugs	On your back, knees bent feet off floor, arms up towards ceiling. Core engaged to push lower back into floor. Left arm and left leg lower without touch ground, as right arm and right leg lift towards head. Alternate and repeat whilst breathing on each rep. Controlled movement	10-15 each side.	1 -3 depending on time and progression

Stretches for mobility and release of tightness

Stretch	Description
Squat Stretch	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.
Hip Flexor Stretch	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.
Hip Flexor Glute Stretch	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.