Foundation/ **Base Program** DO THESE EXERCISES AS A BASE OF TRAINING. YOU CAN ADD ADDITIONAL **EXERCISES FOR BODY SHAPING, ATHLETIC, OR REHAB NEEDS. Stretch** Check Video **Picture** box before and definitely after you exercise. Do **Checked Exercises-DO MODIFIED IF FULL VERSION IS TOO DIFFICULT-ALWAYS** WARM UP BEFORE **Core Exercises** The 5 essential Core Exercises. Perform 1-3 sets each 2-7 x a week. Great to do before any workout. 1. Planks (modified on knees) Hold for > 15-30 or more seconds for 1-3 sets or 10 seconds for 10 reps. Keep abdomen in and braced while keeping back straight. https:// 2. Sidebridge (modified on knees) Hold for > www.acef 15-30 or more seconds for 1-3 sets or 5-10 seconds itness.org for 10 reps. Keep abdomen in and braced while education keeping back straight. -andhttps:// 3. Bridge (modified both feet on floor) Hold for www.acef > 15-30 seconds or more seconds for 1-3 sets or itness.org 5-10 seconds for 10 reps. Keep abdomen in and education braced while keeping back straight. -andhttps:// 4. BirdDog (modified only raise leg) Hold for > 15-30 or more seconds for 1-3 sets or 5-10 seconds tness.org for 10 reps. Keep abdomen in and braced while <u>education</u> keeping back straight. and. 5. Crunch 15 or more reps for 1-3 sets. Perform a crunch motion lifting head off floor, keeping head straight, using your abdomen muscles. At the same time you are doing the crunch try to keep your navel in by performing a draw in maneuver. You can have your arms by your side or you can place hands behind head. Keep one knee bent to spare back, switch bent knee halfway through set. Do not pull on neck. Core Gluteal Exercises 2-3 x a week: 1-3 sets - The Glutei are part of the central core. * Supported Squats Can be peformed daily for 1 or more sets at 5 to 15 reps. This is a great warm up http:// exercise. www.fitte · Hold on to support at waist level like a countertop c.us/ · Hinge at hips bringing buttocks back and down and lower yourself Educatio • Do not let knees and lower legs go beyond toes, try to keep them in same n/ perpendicular spot to floor **ewExtern** · Keep slight natural curve to spine by embracing abdomen muscle alFiles/ Keep head up looking straight ahead **Supporte** As you improve and get stronger go lower d%20Squ • Try not to let back round at end of motion or let knee collapse in or out • The advance version is only for those with a Superior Level of Fitness; the at-1.pdf advanced version has you going as low as you can go, almost letting you buttocks touch to calves

