

## Complete Core Training – Level 1

Focus	Exercise	Reps / Duration	Sets	Rest
Trunk Flexion Stabilisation	Hover	45 sec	2	20 - 30 sec
	Side Hover Left and Right	30 sec ES	2	20 - 30 sec
	Gymnast Plank	45 sec	2	20 - 30 sec
Flexion Strength & Power	Straight leg Over arm Crunch	10 - 12	2	20 - 30 sec
	Swiss ball Crunches	10 - 12	2	20 - 30 sec
	Reverse Crunch	10 – 12	2	20 - 30 sec
Rotational Strength & Power	MB Russian Twist	10 - 12ES	2	20 - 30 sec
	MB Wall Throw	10 – 12 ES	2	20 - 30 sec
	Swiss Ball Lateral Crunch	10 – 12 ES	2	20 - 30 sec
Extension stability & Strength	DB Prone Y's on Swiss Ball	10 - 12	2	20 - 30 sec
	Dish Extensions	10 - 12	2	20 - 30 sec
Glute Activation & Strength	Single leg Box squat	8 – 10 ES	2	20 - 30 sec
	Single Leg RDL	8 – 10 ES	2	20 - 30 sec
	Single leg Glute Bridge	8 – 10 ES	2	20 - 30 sec