

Complete Core Training – Level 2

Focus	Exercise	Reps / Duration	Sets	Rest
Trunk Flexion Stabilisation	Swiss ball Roll Outs	10 – 12	3	30 sec
	Swiss Ball Jackknife	10 – 12	3	30 sec
	Side Hover Static Stars	30 SEC ES	3	30 sec
Flexion Strength & Power	Weight Plate Crunch and Push	10 - 15	3	30 sec
	Decline Bench MB Crunch and Throw	12 – 15	3	30 sec
	Supine Dish Rocks	30 sec	3	30 sec
Rotational Strength & Power	Weight Plate Round the World	4 ES	3	30 sec
	Pallof Press (Band or Cable)	6-8 ES	3	30 sec
	Explosive MB Wall throws	6 - 8 ES	3	30 sec
Extension Stability & Strength	Swiss Ball Dumbell 'Y's	8 – 10	3	30 sec
	Swiss Ball Back Extension with Rotation	6-8 ES	3	30 sec
	Prone Dish Rocks	30 sec		30 sec
Glute Activation & Strength	BB or DB Single Leg RDL	6-8 ES	3	30 sec
	BB Hip Thrust	6 - 8		30 sec
	BB Step Ups	6 – 8 ES		30 sec