

## CORE 3 Exercises and Progression

The following exercises are to be performed as part of a comprehensive stability and fitness program. The sequence of exercises starts and ends with cardio sessions. I suggest cardio sessions of 5 minutes and 1 set of the CORE 3 exercises between each cardio session. The CORE 3 difficulty should be advanced as soon as possible and repetitions should be kept strict in form and speed of motion.

### 1. Squat



Start Position



End Position – note knees over ankles... not in front of them.



Variation 1 – single leg back



Variation 2 – single leg forward



Variation 3 – single leg crossed



Variation 4 – double leg with medicine ball and switching arms at bottom of repetition.



### 2. Press



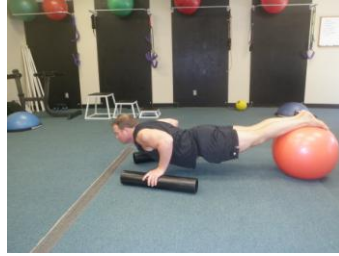
Start Position



End Position



Variation 1 – using pipes



Variation 2 – legs crossed



Variation 3 – single leg

### 3. Row



Start Position



End Position



Variation 1 – legs crossed



Variation 2 – single leg



Example of incorrect position – drooping

## **Examples of Cardio sessions**

Each session should last at least 5 minutes!

1. Treadmill – barefoot variation or minimalist shoes

- 2. Skipping Rope - barefoot variation or minimalist shoes
- 3. Box Jumps
- 4. Battling Ropes



5. Inch Worms



Start Position

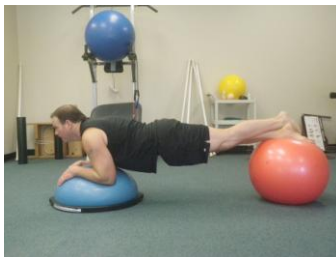


End Position



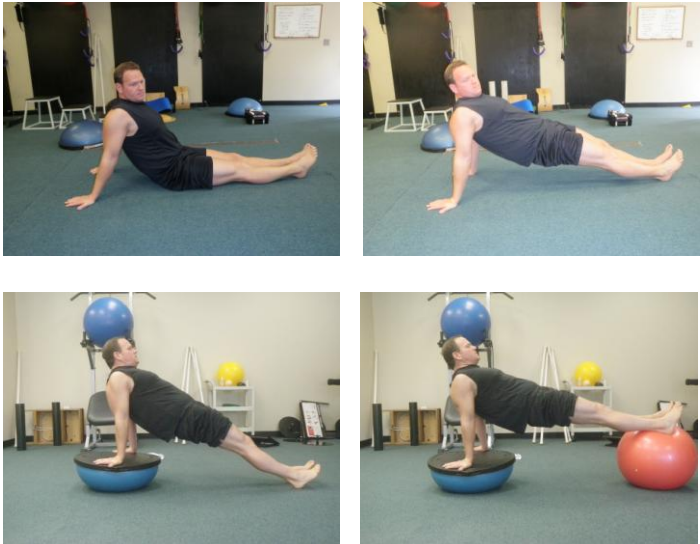
Variation with BOSU Trainer

6. Planks  
Front Plank

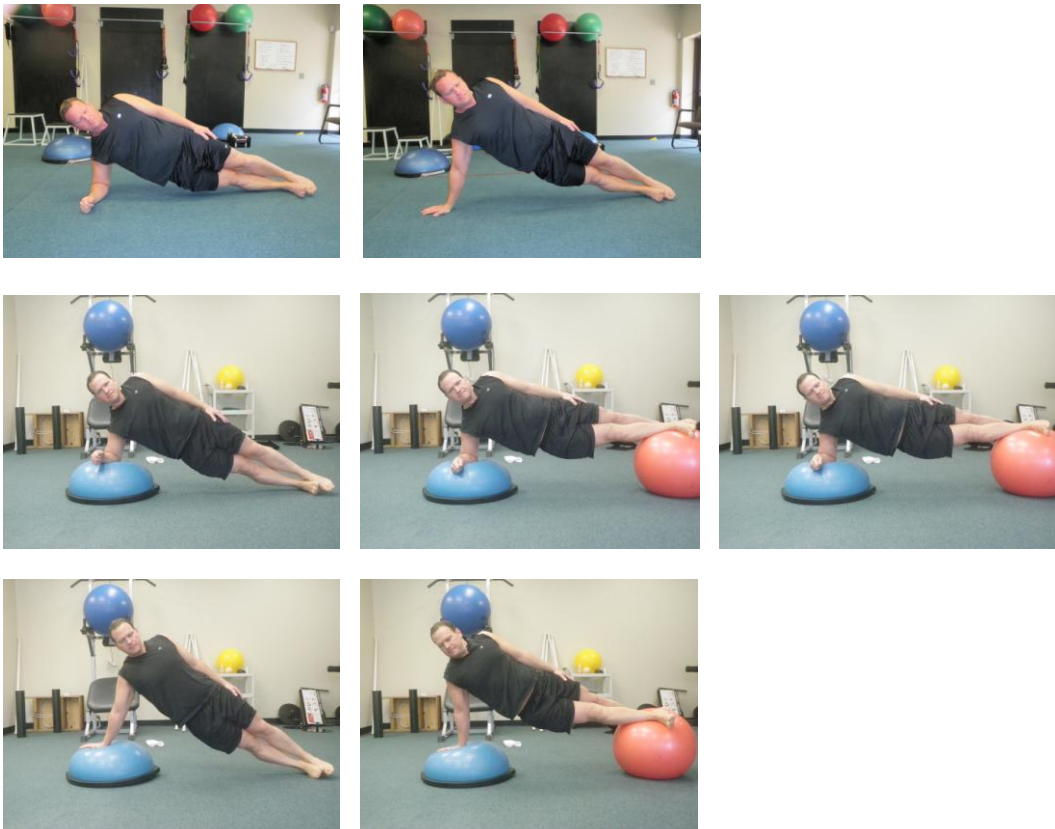




Reverse Plank



Side Plank



7. Trunk 8's

