

<b>Core &amp; Stability Program</b>			
<b>Workout 1</b>			
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Notes</b>
<i>Glute Activation Series</i> 1. Banded Bridges 2. Bridge Hold + Abduction 3. Fire Hydrants	2	10-15	Perform each exercise back to back with minimal rest in between. Perform a total of 2 sets of 10-15 reps for each exercise.
<i>Core Activation Series</i> 1. Dead Bugs 2. Pike Up	2	10	
<i>Total Core Stability Series</i> 1. Side Plank 2. Plank 3. Bird Dogs	2	1. 30sec each 2. 30-60sec 3. 10 reps + 5 sec hold each	

<b>Core &amp; Stability Program</b>			
<b>Workout 2</b>			
<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Notes</b>
<i>Glute Activation Series</i> 1. Box Hip Bridges 2. Banded Side Steps 3. Supermans	2	10-15	Perform each exercise back to back with minimal rest in between. Perform a total of 2 sets of 10-15 reps for each exercise.
<i>Core Activation Series</i> 1. Dead Bugs 2. SB Mountain Climbers	2	1. 10 each 2. 30 sec + 5 sec hold	
<i>Total Core Stability Series</i> 1. Elevated Side Plank 2. SB Jackknife 3. Bird Dogs	2	4. 30sec each 5. 10 reps 6. 10 reps + 5 sec hold each	