



ADVANCED CORE

DAY 1

Approx 50 mins

Warm-Up (18 mins) **Why:** Increases blood flow, elevates muscle temperature, and enhances performance while reducing injury risk.

Foam Rolling (3 min)

Upper back, glutes, lats: 45 sec each

- How: Slowly roll each area, pausing on tight spots.
- Why: Enhances thoracic mobility and core activation

Dynamic Warm-Up (5 min)

- Arm Circles: 30 sec each direction
- Leg Swings: 30 sec/leg
- Bodyweight Squats: 15 reps
- March in Place: 1 min

Cardio - (10 mins)

Ski Erg Sprints: 8 x 20 sec at RPE 9, 40 sec at RPE 4

- How: Use controlled motion and good form.
- Why: Elevates heart rate, works full body.

RPE Scale Reference

- **RPE 1-2:** Very light, easy pace
- **RPE 3-4:** Light, warm-up pace
- **RPE 5-6:** Moderate, can talk but slightly breathless
- **RPE 7-8:** Hard, can speak a few words
- **RPE 9-10:** Very hard, maximum effort

Stability Work (15 min)

Stir-the-Pot (Stability Ball): 3 x 10reps circles

- How: Forearms on ball, make clockwise/counter clockwise circles.
- Why: Enhances scapular and core stability.

Single-Arm Farmer's Carry (24kg KB): 3 x 30 sec per arm

- How: Carry KB, keep torso upright.
- Why: Challenges anti-lateral flexion and grip.

Pallof Press Iso-Hold (Cable): 3 x 20 sec per side

- How: Stand sideways to cable, press handle out, resist rotation.
- Why: Trains anti-rotation core strength.

Core & Balance (15 mins)

Hanging Windshield Wipers: 4 x 8reps per side

- How: Hang from bar, lift legs, rotate side-to-side.
- Why: Develops rotational power and obliques.

Barbell Ab Rollout: 4 x 10reps

- How: Kneel, roll barbell forward, engage core to return.
- Why: Builds anterior core strength under tension

Slam Ball Rotational Throws: 4 x 12reps per side

- How: Rotate torso, throw ball against wall explosively.
- Why: Power development and calorie burn.

Dragon Flag Progression: 4 x 6reps

- How: Anchor shoulders, lift legs/hips vertically, lower slowly.
- Why: Elite anterior chain strength

Cool-Down (7 mins) **Why:** Lower heart rate, improve flexibility, reduce muscle soreness, and prevent injury.

Slow Treadmill Walk: 2 min at RPE 2

- How: Walk at easy pace to lower heart rate.

Standing Quad Stretch: 30 sec per leg

- How: Pull foot to glute, keep knees together.

Seated Hamstring Stretch: 30 sec per leg

- How: Sit, extend leg, reach toward toes.

Chest Opener: 30 sec

- How: Clasp hands behind, lift arms, open chest.

Shoulder Stretch: 30 sec per arm

- How: Pull arm across chest, hold.

Programming Tips

- Progression: Increase weight by 5-10% weekly or reduce rest by 15 seconds.
- RPE Adjustments: Maintain form at high intensities; avoid compromise.
- Equipment Variety: Uses barbells, kettlebells, cables, and unstable surfaces for progressive overload.
- Why Advanced?: Combines power, stability, and metabolic stress for lean muscle retention and fat loss.