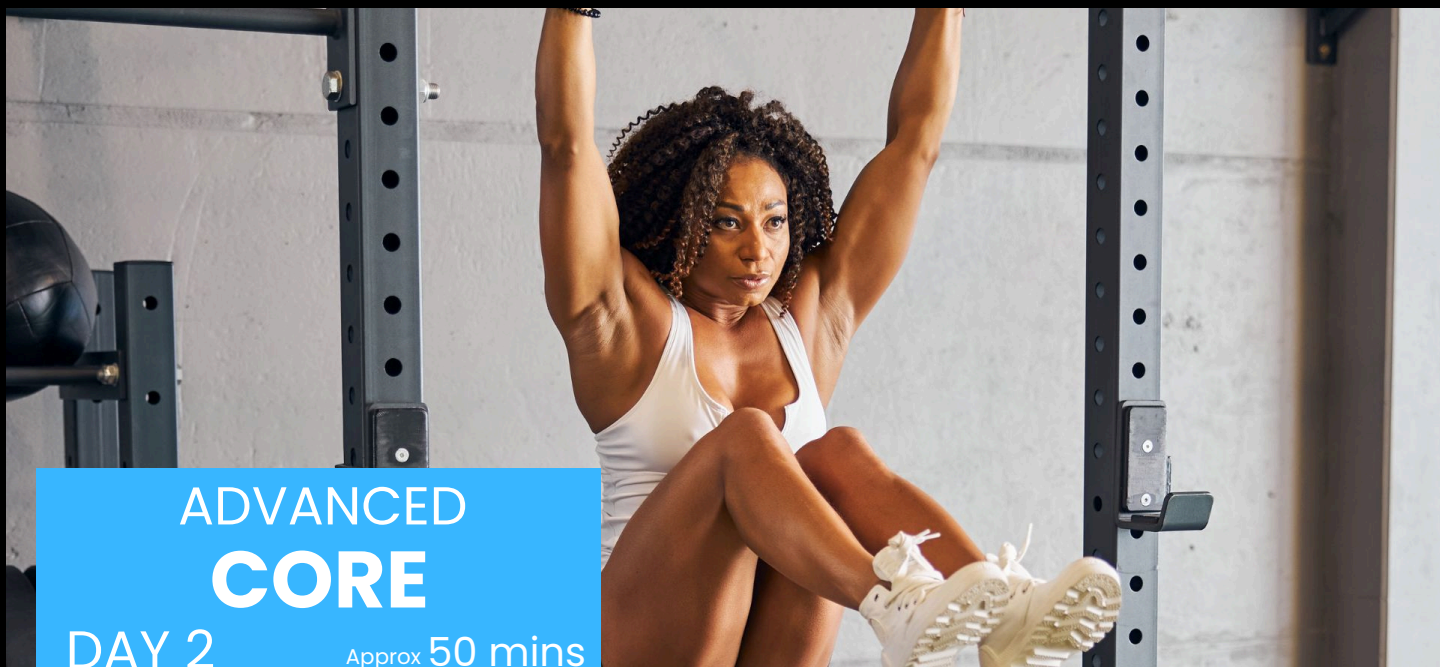




ADVANCED CORE

DAY 2

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)

Quads, hamstrings, IT band: 45 sec each

- How: Slowly roll each area, pausing on tight spots.
- Why: Reduces stiffness and improves mobility

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)

- **Stair Climber Sprints: 6 x 30 sec at RPE 9, 30 sec rest**
- How: Step at varied paces, upright posture, use handrails.
- Why: Maximal calorie burn and leg endurance

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)

Single-Leg Romanian Deadlift to Overhead Reach (KB): 3 x 8 reps per leg

- How: Balance on one leg, hinge, reach KB overhead.
- Why: Hip stability and core control

TRX Atomic Push-Up: 3 x 10 reps

- How: Feet in straps, push-up, tuck knees to chest.
- Why: Combines chest strength and dynamic core.

BOSU Ball Plank with Leg Lift: 3 x 10 reps per leg

- How: Forearms on BOSU, lift one leg, hold 2 sec.
- Why: Unstable surface amplifies core demand.

Core & Balance (15 mins)

Weighted Russian Twist (Heavy Plate): 4 x 15 reps per side

- How: Sit leaning back, twist plate side-to-side. Why: Oblique strength and endurance.

Hanging Leg Raise to L-Sit: 4 x 12 reps

- How: Hang from bar, raise legs to horizontal.
- Why: Targets lower abs and hip flexors.

Saxon Side Bend (Dumbbells): 4 x 10 reps per side

- How: Hold dumbbells overhead, bend laterally.
- Why: Strengthens obliques and serratus.

Stability Ball Pike: 4 x 10 reps

- How: Start in a plank with shins on the ball, hands under shoulders; lift hips, roll ball toward hands.
- Why: Advanced core and shoulder stability

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.