



ADVANCED CORE

DAY 3

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)

Calves, thoracic spine, lats: 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)

Rower Intervals: 10 x 45 sec at RPE 8, 15 sec rest

- How: Sit tall, drive legs, pull handle to chest, with control.
- 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)

Overhead Squat (Barbell): 3 x 10 reps

- How: Hold barbell overhead, squat deep.
- Why: Core bracing and mobility

Renegade Row (Dumbbells): 3 x 8 reps per side

- How: Plank position, row one DB.
- Why: Anti-rotation and upper back strength.

Single-Leg Balance on Foam Roller: 3 x 20 sec per leg

- How: Stand on roller, maintain balance.
- Why: Extreme ankle/core stability

Core & Balance (15 mins)

Barbell Landmine 180s: 4 x 8 reps per side

- How: Rotate loaded barbell end-to-end.
- Why: Rotational power and anti-twist control.

Kneeling Cable Crunch: 4 x 15 reps

- How: Pull cable down, crunch forward.
- Why: Isolates abs with resistance.

L-Sit Hold (Parallettes): 4 x 15 sec

- How: Support body, lift legs parallel to floor.
- Why: Advanced core and hip flexor strength.

Sledgehammer Tire Strikes: 4 x 20 sec

- How: Rotate and slam hammer into tire.
- Why: Power development and cardio burn.

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.