



## BEGINNER 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)

Quads, hamstrings, glutes, upper back: 30 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)

**Treadmill or Bike: 10 min at RPE 5-6**

- How: Walk, jog, or pedal at a steady, moderate pace.
- Why: Boosts cardiovascular health, aids fat loss.

#### 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 (7 min)

### Bird Dog: 2 x 10 reps per side

- How: On all fours, extend opposite arm/leg, hold 2 sec, return.
- Why: Improves core stability and balance.

### Standing Star Reach: 2 x 8 reps per leg

- How: Stand on one leg, reach arms in different directions.
- Why: Boosts balance and proprioception.

### Single-Leg Balance: 2 x 30 sec per leg

- How: Stand on one leg, hold, switch.
- Why: Enhances ankle, knee, and hip stability.

## Core & Balance (13 mins)

### Dead Bug: 2 x 12 reps

- How: Lie on back, arms up, lower opposite arm/leg, return.
- Why: Teaches core control and coordination.

### Glute Bridge: 2 x 15 reps (hold each rep up for 2 sec)

- How: Lie on back, knees bent, drive hips up & lower.
- Why: Strengthens glutes and core, supports back health.

### Plank: 2 x 20-30 sec

- How: Forearms and toes on floor, body straight, hold.
- Why: Builds core endurance and stability.

### Side Plank (Knee Down): 2 x 15 sec per side

- How: Lie on side, support with elbow and knee, lift hips, hold.
- Why: Strengthens obliques and lateral core.

**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

- RPE 5-6: Moderate, sustainable effort for core and cardio.
- Progression: Add reps or sets as you get stronger.
- Form: Focus on slow, controlled movement and proper breathing.
- Rest: 30-60 sec between sets/exercises.