



BEGINNER 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, 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)

- **Rowing Machine or Cross Trainer: 10 min at RPE 5-6**
 - How: Smooth, rhythmic motion, moderate pace.
 - Why: Full-body cardio, joint-friendly.

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)

BOSU Ball Stand: 4 x 30sec

- How: Stand on BOSU dome, maintain balance.
- Why: Challenges stability and ankle strength.

Heel-to-Toe Walk: 2 x 10 steps

- How: Walk in a straight line, heel to toe.
- Why: Improves balance and coordination.

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)

Superman: 2 x 10reps

- How: Lie face down, lift arms/legs off floor, hold 2 sec, lower.
- Why: Strengthens lower back and posterior chain.

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.

Reverse Crunch: 2 x 10reps

- How: Lie on back, feet up, lift hips off floor, lower.
- Why: Targets lower abs and core control.

Seated Russian Twist: 2 x 12reps per side

- How: Sit, lean back, twist torso side to side.
- Why: Trains rotational core 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

- 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.