



INTERMEDIATE 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)

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)

Ski Erg or Stair Climber: 10 min at RPE 6

- How: Use steady, controlled motion, moderate pace.
- 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 (7 min)

Standing Star Reach: 3 x 8 reps per leg

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

Plank with Leg Lift: 3 x 10 reps per side

- How: In plank, lift one leg, hold 2 sec, alternate.
- Why: Adds instability, challenges core and glutes.

Standing Knee Lift with Hold: 3 x 10 reps per leg

- How: Lift knee to hip height, pause, lower.
- Why: Builds balance and core control.

Core & Balance (13 mins)

Plank: 3 x 30 sec

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

Reverse Crunch: 3 x 12 reps

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

Cable or Band Anti-Rotation Hold: 3 x 20 sec per side

- How: Stand side-on to cable/band, hold at chest, resist rotation.
- Why: Trains anti-rotation core strength.

Back Extension (on mat or stability ball): 3 x 12 reps

- How: Lie face down, lift chest off floor/ball, lower slowly.
- Why: Strengthens lower back and posterior 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.