

TEMPLATE 6: CORE & FLEXIBILITY FOCUS *by*



- CLIENT CATEGORY: CORE STRENGTH AND MOBILITY
- KEY WORKOUT TYPES: CORE CONDITIONING, FLEXIBILITY, BALANCE TRAINING
- TEMPLATE STRUCTURE:
 - DAY 1: CORE STABILITY (30 MINUTES)
 - EXERCISES: PLANK (4x30 SEC), SIDE PLANK (3x30 SEC EACH SIDE), BIRD DOGS (4x12 PER SIDE)
 - DAY 2: DYNAMIC FLEXIBILITY (30–40 MINUTES)
 - EXERCISES: FORWARD LUNGES (3x12), LATERAL LEG SWINGS (3x15), DYNAMIC HAMSTRING STRETCH (3x12)
 - DAY 3: CORE STRENGTH (30 MINUTES)
 - EXERCISES: RUSSIAN TWISTS (3x15 EACH SIDE), CABLE WOODCHOPPERS (3x12 PER SIDE), REVERSE CRUNCHES (3x15)
- WARM-UP/COOL-DOWN: LIGHT CORE ENGAGEMENT EXERCISES; DEEP STATIC STRETCHES.

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