

CORE 3

WORK OUT PLAN ADVANCED

By following this plan, benefits will be seen in a better posture, stability and strength during everyday activities and exercise.

For further advanced training and guidance in core and stability please speak to one of our Personal Trainers who can guarantee results.



CORE 3

SHAPE



KAL

Exercise / Equipment	Sets / Reps	Weight (kg)
Plank with sit through	3 x 15 each side	
Fit Ball Jack Knife	3 x as many as possible	
Inch Worm	3 x 15/20	
Weighted Side Plank	3 x 15 each side	
Weighted Glute Bridge Barbell	3 x 15	
Explosive Wood Chops	Alternate sides 3 x 15	
Lower Back Extension on Fit Ball	3 x 12-15	

Please perform a 5 min warm up & cool down either side of this workout.

Not sure?
Please ask a
member of our
team.

NOTES:

