



Level III Core Exercises

NAME:

DATE:

Step 1: Quadruped Progression

- [Leg Extension](#) – Start on the floor on the hands and knees. Straighten one leg behind you keeping the hip down. Engage the low abdominals engage with the glut and quad, toe flexed up toward the shin. Bend the knee and return to start.
- [Leg Extension + side kick](#) – Add a side kick after straightening the leg. Keeping the leg straight, kick back and to the side, then bend the knee down to starting position.
- [Leg and Opposite Arm Extension](#) – Add arm action with the opposite arm, elbow from 90 degrees to straight by the ear as the leg straightens.

Step #2: Band Pull-downs

- Start standing with knees slightly bent, shoulders stacked over the hips, and hands holding the bands at waist height, palms facing down.
- Pull the palms toward the thighs with the elbows straight. Pinch the shoulders back and down. Return to starting position and repeat. Repeat standing on one leg.

Step #3: Band Rows

- Start standing with knees slightly bent, shoulders stacked over the hips, and hands holding the bands at shoulder height.
- Pull the bands toward you, pulling the shoulder blades into the back pockets. Return to starting position and repeat. Repeat standing on one leg.

Step #4: Abdominals

- [Heel Taps](#) – Start lying on your back with the arms straight next to the sides. Lift one knee above the hip to start, knee at 90 degrees and toe flexed toward the shin. Engage the low abdominals and switch legs and ‘tap’ the heel to the ground.
- [Crossover crunches](#) – Start with the knees bent and feet on the floor, with one leg crossed and hands behind the head. Lift the opposite elbow to the opposite knee.
- [½ bicycles](#) – Start with one foot on the floor and hands behind the head. Crunch the elbow toward the opposite knee with the low abdominals engaged.
- [Bicycles](#) – Start with both feet off the floor and knees bent. Alternate the opposite elbow to the opposite knee.



Level III Core Workout

NAME:

DATE:

Instructions:

- Complete exercises in as a set, every day or at least 3 times per week.
- Repeat sets according to instructions.
- Rest 0-1' (minute) between sets.

Level III Core Workout

- Week 1:
 - 10 x [Band Pull-downs](#)
 - 10 x [Quadruped leg Extensions /leg](#)
 - 10 x [Heel taps](#)
 - 10 x [Crossover crunches /side](#)
 - x 1-2 sets
- Week 2:
 - 10 x [Band Rows](#)
 - 10 x [Quadruped Leg Extensions + side kick /leg](#)
 - 20 x [Heel taps](#)
 - 20 x [½ bicycles /side](#)
 - x 1-2 sets
- Week 3:
 - 20 x [Band Rows](#)
 - 10 x [Quadruped Arm + Opposite Leg Extensions /leg](#)
 - 10 x [Double Leg Heel Taps](#)
 - 20 x [Bicycles /side](#)
 - x 2-3 sets