

Level 3 Core Stability

Week 1

Exercise	Sets	Reps/Time	Focus
Elbow Unstable Upper and Lower	3	30 Seconds	Anti-Extension
Opposite Hand Opposite Foot Plank	3	20 Alternating Reps	Anti-Rotation
Heavy Band Pull Apart	3	15 Reps	Scapula
Single Leg Bridge Unstable Upper	3	8 Reps/Side	Hips

Week 2

Exercise	Sets	Reps/Time	Focus
Straight Arm Unstable Upper and Lower	3	30 Seconds	Anti-Extension
Lateral Walks Same Hand and Foot	3	10 Steps/Side	Anti-Rotation
Weighted Floor "YTA" (2.5 LBS)	3	30 Total Reps	Scapula
Single Leg Unstable Lower Bridge	3	10 Reps/Side	Hips

Week 3

Exercise	Sets	Reps/Time	Focus
Double Knee Tuck	3	15 Reps	Anti-Extension
Shoulder Flexion With Feet on Unstable Ball	3	10 Reps/Side	Anti-Rotation
"YTA" Unstable	3	30 Total Reps	Scapula
Knee Drive Switch Unstable Upper	3	20 Total Alternating Reps	Hips

Week 4

Exercise	Sets	Reps/Time	Focus
Double Leg Pike	3	10 Total Reps	Anti-Extension
Side Plank Hip Abduction Elbow on Ball	3	8 Reps/Side	Anti-Rotation
"YTA" + Cuff Unstable" (no weight)	3	40 Total Reps	Scapula
Single Leg Bridge Unstable Upper	3	10 Reps/Side	Hips

Week 5

Exercise	Sets	Reps/Time	Focus
Double Unstable Hip Extend and Abduct	3	5 Reps/Side	Anti-Extension
Unstable Side Plank	3	10 Reps/Side	Anti-Rotation
"YTA"+ Cuff Unstable Add Weight (2.5 Lb)	3	40 Total Reps	Scapula
Single Leg Unstable Lower Bridge	3	10 Reps/Side	Hips

Week 6

Exercise	Sets	Reps/Time	Focus
Single Leg Knee Tuck	3	10 Reps/Side	Anti-Extension
Side Plank Hip Flexion Elbow on Ball	3	8 Reps/Side	Anti-Rotation
"YTA"+ Cuff Unstable Add Weight (5 Lb)	3	40 Total Reps	Scapula
Knee Drive Switch Unstable Upper	3	20 Alternating Reps	Hips