

Level 1 Core Stability

Week 1

Exercise	Sets	Reps/Time	Focus
Elbow Plank	3	30 Seconds	Anti-Extension
Side Elbow Plank	3	30 Seconds/Side	Anti-Rotation
Band Pull Apart	3	15 Reps	Scapula
Bridge Resistance Band	3	15 Reps	Hips

Week 2

Exercise	Sets	Reps/Time	Focus
Straight Arm Plank	3	30 Seconds	Anti-Extension
Straight Arm Side Plank	3	30 Seconds/Side	Anti-Rotation
Floor "A"	3	15 Reps	Scapula
Bridge Med Ball	3	10 Reps	Hips

Week 3

Exercise	Sets	Reps/Time	Focus
Hip Extension Plank	3	10 Reps/Side	Anti-Extension
Plank Shoulder Flexion	3	10 Reps/Side	Anti-Rotation
Weighted YTA	3	30 Total Reps	Scapula
Single Leg Balance and Reach	3	20 Total Reps	Hips

Week 4

Exercise	Sets	Reps/Time	Focus
Hip Abduction Plank	3	10 Reps/Side	Anti-Extension
Side Plank Hip Abduction	3	10 Reps/Side	Anti-Rotation
"YTA" + Cuff	3	30 Total Reps	Scapula
Single Leg Bridge	3	10 Reps/Side	Hips

Week 5

Exercise	Sets	Reps/Time	Focus
Mountain Climber	3	10 Reps/Side	Anti-Extension
Bear Crawl Shoulder Tap	3	10 Reps/Side	Anti-Rotation
"YTA" Weighted Incline	3	30 Total Reps	Scapula
Single Leg Knee Drive	3	10 Reps/Side	Hips

Week 6

Exercise	Sets	Reps/Time	Focus
Unstable Upper Plank	3	30 Seconds	Anti-Extension
Side Plank Hip Flexion	3	10 Reps/Side	Anti-Rotation
"YTA" Weighted Floor	3	30 Total Reps	Scapula
RDL Complex	3	15 Reps/Side	Hips