

Level 2 Core Stability

Week 1

Exercise	Sets	Reps/Time	Focus
Incline Elbow Plank	3	30 Seconds	Anti-Extension
Unstable Side Plank	3	30 Seconds/Side	Anti-Rotation
Prone Weighted "A"	3	15 Reps	Scapula
Single Leg Bridge	3	15 Reps/side	Hips

Week 2

Exercise	Sets	Reps/Time	Focus
Unstable Incline Plank	3	30 Seconds	Anti-Extension
Bear Crawl Shoulder Taps	3	20 Alternating Reps	Anti-Rotation
Weighted "YTA" 2.5 LB	3	30 Total Reps	Scapula
Knee Drive Switch	3	20 Alternating Reps	Hips

Week 3

Exercise	Sets	Reps/Time	Focus
Fire Hydrant BC	3	10 Reps/Side	Anti-Extension
Bear Crawl Shoulder Flexion	3	10 Reps/Side	Anti-Rotation
Weighted YTA 5LB	3	30 Total Reps	Scapula
Single Leg RDL	3	10 Reps/side	Hips

Week 4

Exercise	Sets	Reps/Time	Focus
Unstable Hip Extension	3	10 Reps/Side	Anti-Extension
Side Plank Hip Flexion	3	10 Reps/Side	Anti-Rotation
Unstable YTA	3	30 Total Reps	Scapula
Bear Crawl Kick Backs	3	10 Reps/Side	Hips

Week 5

Exercise	Sets	Reps/Time	Focus
Unstable Mountain Climber	3	10 Reps/Side	Anti-Extension
Straight Arm Shoulder Flexion	3	10 Reps/Side	Anti-Rotation
Unstable YTA (2.5 LB)	3	30 Total Reps	Scapula
Bridge on Stability Ball	3	12 Reps	Hips

Week 6

Exercise	Sets	Reps/Time	Focus
Unstable Hip Abduction	3	10 Reps/Side	Anti-Extension
Side Plank Hip Abduction	3	10 Reps/Side	Anti-Rotation
Unstable YTA (5LB)	3	30 Total Reps	Scapula
Prisoner Squat	3	20 Reps	Hips