

	Week 1	Week 2	Week 3	Week 4	Week 5
01 Sphinx Plank Crunch (40 seconds)	R _____	R _____	R _____	R _____	R _____
02 Warrior 3 Cross Crunch (10 per side)	R _____	R _____	R _____	R _____	R _____
03 Single Leg Walk Out (5 per side)	R _____	R _____	R _____	R _____	R _____
04 Half Angel (10 per side)	R _____	R _____	R _____	R _____	R _____
05 Roller Boat (10 normal + 2 slower)	R _____	R _____	R _____	R _____	R _____
06 3-Speed Med Ball Pushup (30 seconds)	R _____	R _____	R _____	R _____	R _____
07 1-Leg Lateral Leap Squat	R _____	R _____	R _____	R _____	R _____
08 Core Circles (20 seconds ea direction)	R _____	R _____	R _____	R _____	R _____
09 Holmsen Screamer Lunge (10 fast/5 slow ea side)	R _____	R _____	R _____	R _____	R _____
10 Med Ball Dreyra Roll (10-15 reps)	R _____	R _____	R _____	R _____	R _____
11 Plank Burpees (60 seconds)	R _____	R _____	R _____	R _____	R _____
12 Banana Ball Switch Crunch (15 reps)	R _____	R _____	R _____	R _____	R _____
13 3-Point Squat Press (15 reps)	R _____	R _____	R _____	R _____	R _____
14 Slo Mo Balance Climber (20 reps)	R _____	R _____	R _____	R _____	R _____
15 X2 Divers (5 reps – or more)	R _____	R _____	R _____	R _____	R _____
16 Ryan Sphinx Twist Crunch (8-10 reps ea side)	R _____	R _____	R _____	R _____	R _____
17 1-Leg Med Ball Burpee (12 reps)	R _____	R _____	R _____	R _____	R _____