

CORE BALANCE TRAINING REGIMEN (Weeks 1-4)

Today's Date:

Training Time of Day:

Today	Program Welcome Page	Fill out Training Regimen & My Commitment PDFs, Complete "Getting Started" Module
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Fill in Dates:

Daily Lesson:

Daily Exercises:

Week 1	Phase 1	Activate Deep Core
	Lesson 1 The Foundation Of Core Strength	Breathe into Your Back → Perform Bridge while Breathing into Your Back
	Lesson 2 Front Anchor Meditation	Front Anchor Awareness Exercise → Breathe into Your Back → Bridge
	Review Lesson 2	Perform Front Anchor While Breathing into Your Back → Bridge
	Lesson 3 Back Anchor Meditation	Back Anchor Awareness Exercise → Front Anchor Exercise → Breathe → Bridge
	Review Lesson 3	Perform Front and Back Anchor Exercises While Breathing into Your Back → Bridge

Week 2	Phase 1	Putting It Together & The Perfect Bridge
	Lesson 4 Anchor Triad	Front & Back Anchor Exercises → Breathe into Your Back → Anchor Triad
	Lesson 5 Back Anchor Breathing & Progressions	Front Anchor → Back Anchor Breathing and Progressions → Bridge → Anchor Triad
	Begin Perfect Bridge Module	Front Anchor → Back Anchor Breathing and Progressions → Bridge → Anchor Triad
	Complete Perfect Bridge Module	Front Anchor → Back Anchor Breathing and Progressions → Bridge → Anchor Triad
	Review Phase 1	Front Anchor → Back Anchor Breathing and Progressions → Bridge → Anchor Triad

Week 3	Phase 2	Learn Simple Movements
	Phase 2, Lesson 1	Back Anchor → Dying Bug → Bridge
	Review Phase 2, Lesson 1	Back Anchor → Dying Bug Progressions → Bridge
	Phase 2, Lesson 2	Front Anchor → Dying Bug → Back Anchor → Dying Bug
	Review Phase 2, Lesson 2	Front Anchor → Dying Bug Progressions → Back Anchor → Dying Bug Progressions
	Review Anchor Challenges/Triad	Front Anchor → Dying Bug → Back Anchor → Dying Bug → Anchor Triad

Week 4	Phase 2	Bridge Progressions
	SIJ Stabilizer Bridge	Bridge → SIJ Stabilizer Bridge → Bird Dog → Dying Bug → Anchor Triad
	Foam Roll Bridge	Bridge → Foam Roll Bridge → Bird Dog → Dying Bug → Anchor Triad
	Review Bridge Progressions	Bridge → SIJ Stabilizer Bridge → Foam Roll Bridge → Bird Dog → Dying Bug → Anchor Triad
	Bridge Arm Progressions	Bridge → SIJ Stabilizer Bridge → Foam Roll Bridge → Bird Dog → Dying Bug → Anchor Triad
	Review Phase 2	Bridge → SIJ Stabilizer Bridge → Foam Roll Bridge → Bird Dog → Dying Bug → Anchor Triad