

CORE BALANCE TRAINING REGIMEN (Weeks 5-8)

Today's Date:

Training Time of Day:

Every Day	Daily Warm Up	Front/Back Anchor Awareness/Challenge/Triad & Bridge
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Fill in Dates:

Daily Lesson:

Daily Exercises:

	Phase 3	Functional Movements
	Lesson 1: Hip Hinge	Daily Warm Up → Hip Hinge
	Lesson 2: Core Dead Lift	Daily Warm Up → Hip Hinge → Core Dead Lift
	Lesson 3: Core Squat	Daily Warm Up → Hip Hinge → Core Dead Lift → Core Squat
	Lesson 4: Core Push-Up	Daily Warm Up → Core Push-Up → Hip Hinge → Core Dead Lift → Core Squat
	Review Phase 3	Daily Warm Up → Core Push-Up → Hip Hinge → Core Dead Lift → Core Squat

	Phase 3	Bridge Progressions
	Lesson 1: Resisted Bridge	Daily Warm Up → Resisted Bridge → Core Push-Up → Hip Hinge → Core Dead Lift → Core Squat
	Lesson 2: Single Leg Bridge	Daily Warm Up → Single Leg Bridge → Core Push-Up → Hip Hinge → Core Dead Lift → Core Squat
	Review Single Leg Bridge: Perform On Foam Roll	Daily Warm Up → Single Leg Bridge → Core Push-Up → Hip Hinge → Core Dead Lift → Core Squat
	Review Single Leg Bridge: Band Around Thighs	Daily Warm Up → Single Leg Bridge → Core Push-Up → Hip Hinge → Core Dead Lift → Core Squat
	Review Phase 3	Daily Warm Up → Single Leg Bridge → Core Push-Up → Hip Hinge → Core Dead Lift → Core Squat

	Phase 4	Complex Movements
	Lesson 1: Side Plank	Daily Warm Up → Side Plank → Core Push-Up → Core Dead Lift → Core Squat
	Lesson 2: Single Leg Stance	Daily Warm Up → Side Plank → Core Push-Up → Single Leg Stance → Core Dead Lift → Core Squat
	Lesson 3: Running Man	Daily Warm Up → Side Plank → Single Leg Stance → Running Man
	Lesson 4: Review Running Man	Daily Warm Up → Side Plank → Single Leg Stance → Running Man
	Lesson 5: typewriter Squat	Daily Warm Up → Side Plank → Single Leg Stance → Running Man → Typewriter Squat

	Phase 4	Mobility/Maintenance Program
	Lesson 1: Hip Opener	Create your own Daily Warm Up (5 minutes or less) → Hip Opener → Typewriter Squat
	Lesson 2: Shoulder Opener	Your Daily Warm Up, Shoulder Opener, Choose Your Favorite Exercise From Phase 3/4
	Lesson 3: Foam Roll	Your Daily Warm Up, Foam Roll, Choose Another Exercise From Phase 3/4
	Lesson 4: Elevated Bridge	Your Daily Warm Up, Elevated Bridge, Choose Your Favorite Mobility Exercise From This Module
	Put It All Together - Begin Maintenance Program	Your Daily Warm Up, Phase 3/4 Exercise, Phase 4 Exercise, Mobility Exercise