



# 01

## CORE CALENDAR

*The difference between  
wanting and achieving  
is discipline.*

	SUN	MON	TUES	WED	THURS	FRI	SAT
W01	HANGING LEG RAISE 3X10		DEAD BUG 3X10	COPENHAGEN PLANK 3X:10 SEC EACH	AB WHEEL 3X10	KB/DB FARMER CARRY 3X	KNEELING MED BALL SLAMS 3X10
W02	REVERSE CRUNCH W/ BALL BEHIND KNEES 3X10		BAND RESISTED DEAD BUG 3X10	WEIGHTED PLANK 3X:20S	STIR THE POT 3X10	SUITCASE CARRY 3X	PALLOF PRESS W/ OVERHEAD REACH 3X10 EACH SIDE
W03	DECLINE CRUNCH (CAN ADD WEIGHT) 3X12		DEADBUG KETTLEBELL LOWER 3X10	CONTRALATERAL PLANK 3X10S EACH SIDE <small>UNTIL FORM BREAKDOWN</small>	BODY SAW 3X10	HEAVY FRONT CARRY 3X	1/2 KNEELING BALL SLAMS 3X12 EACH SIDE
W04	DIP BAR LEG RAISE (OR KNEE RAISE) 3X10		DEADBUG GLUTE BRIDGE 3X10	KETTLEBELL WINDMILL 3X10 EACH SIDE	SUSPENSION FALL OUT 3X10	LATERAL SLED DRAG 3X	VERTICAL PALLOF PRESS 3X10 EACH SIDE