



02

CORE CALENDAR

*There is a power in
people who dream big
& try hard.*

	SUN	MON	TUES	WED	THURS	FRI	SAT
W01	BIRD DOG + ABDUCTION 3X8 EACH SIDE		FEET ON WALL KB CRUNCH 3X12	HANGING L-HOLD 3X:15 S	CONTRALATERAL PLANK 3X (3X :10S)	KB FARMER OR TRAPBAR CARRY 3X	
W02	QUADRUPED/BEAR PLANK HOLD 3X:30S		KB BENCH DEADBUGS 3X6 EACH SIDE	HANGING L- SCISSORS 3X10	WEIGHTED PLANK 3X :30S	SUITCASE CARRY 3X	
W03	QUADRUPED CUBE CRAWL 3X5 EACH WAY		DEADBUG OH KETTLEBELL LOWER 3X10	HANGING V-HANG 3X:10 S	BAND SIDE PLANK + LEG RAISE 3X :10S	KB UNILATERAL OVERHEAD CARRY 3X	
W04	GHD STRAIGHT BODY HOLD 3X:20 S EACH		BAND ANTI- ROTATION DEADBUG 3X8 EACH SIDE	HANGING WINDSHIELD WIPERS 3X :10 S	CHAOS PLANK (BAND OR BALL) 3X :20S	KB UNILATERAL BOTTOM-UP CARRY 3X	