

CORE CONNECTION WEEK 1

Crocodile Breaths	10 REPS	1 SET
Knee Press	5 X 20 SECONDS	
Ad-Abduction Press	5 X 20 SECONDS	
SL Slides	20 REPS	1 - 3 SETS
Bent Knee Fall Out	10 REPS (EACH LEG)	
Glute Bridge Banded Abductions	10s HOLD X 10 REPS	
Kneeling Hip Extension	20 REPS	
Bird Dog	60 SECONDS	1 - 2 SETS
Bent Knee Side Plank	30 SECONDS	
Boat Hold	30 - 60 SECONDS	