

	SUN	MON	TUES	WED	THURS	FRI	SAT
W01	OVERHEAD BANDED DEADBUG 3X8 EACH LEG		PLANK 3X:30 SEC	BODY SAW 3X10	KB/DB FARMER CARRY 3X		LADZ LIFT 3X10
W02	KB DEADBUG LOWER 3X8		SIDE PLANK 3X:30 SEC	AB WHEEL W/ HAMSTRING HOLD 3X10	TRAP BAR CARRY 3X		REVERSE CRUNCH W ACTIVE HAMS 3X10
W03	KB BENCH DEADBUG 3X8 EACH LEG		WEIGHTED PLANK 3X:20 SEC	SUSPENSION FALL OUT 3X10	SUITCASE CARRY 3X		DIP BAR LEG RAISE 3X10
W04	BAND RESISTED DEADBUG (LEGS) 3X8 EACH LEG		SIDE PLANK WITH LEG RAISE 3X10 EACH SIDE	ISO PALLOF PRESS 3X:20 EACH SIDE	GOBLET KB CARRY 3X		HANGING TUCK RAISE 3X10
W05	BAND RESISTED DEADBUG (ARMS) 3X8 EACH LEG		3 POINT PLANK WITH ROW 3X8 EACH ARM	1/2 KNEELING PALLOF PRESS 3X8 EACH SIDE	FRONT RACK CARRY 3X		HANGING LEG RAISE 3X10
W06	ANTI-ROTATION DEADBUG 3X8 EACH LEG		SIDE PLANK WITH FLY 3X8 EACH ARM	BANDED PALLOF SQUAT 3X10 EACH SIDE	OVERHEAD CARRY 3X		HANGING L- SCISSORS 3X10



03

CORE CALENDAR

Strong is not just

physical strength.

It's a mindset.