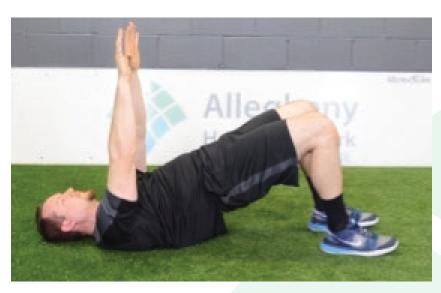


CORE ACTIVATION

PERFORM EACH HIP EXERCISE 1 TIME X 8–12 REPS AND EACH PLANK EXERCISE 1 TIME FOR SPECIFIED TIME
COACHING CUE: MAKE SURE TO KEEP YOUR ABDOMINALS ENGAGED (RIBS DOWN)



HEEL PRESSES (1-2s HOLD)



FEET FLAT BRIDGE (1s PAUSE)



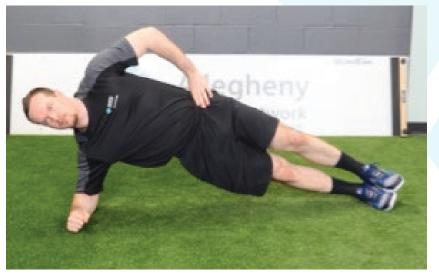
TOES UP BRIDGE (1s PAUSE)



SINGLE LEG BRIDGE (1s PAUSE)



PRONE PLANK (45-60s HOLD)



SIDE PLANK (20-30s HOLD)