



## 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)**