



Please print off 3 copies of these programs. As you work through the program, tick the box if you completed the whole set, if you could only do part of the set then write in how many reps you did or how long you held the position for so we can track your progress

HOME CORE 1

Week _____

EXERCISE	SET 1	SET 2	SET 3	SET 4
50 situps as warm up				
Pistol Squat x 8 ES				
Single Leg Burpees x 8 ES				
Single arm Burpees x 8 ES				
Fit ball swings x 10 ES				
Fit ball tilts x 10 ES				
Supermans 30sec ES				

HOME CORE 2

Week _____

EXERCISE	SET 1	SET 2	SET 3	SET 4
50 situps as warm up				
Push Ups Wide x 10				
Bench dips x 12				
Push Ups Narrow x 10				
Plank 45 secs				
Fit ball balance 3 x 30sec				
Weighted situp to stand x 6 ES				



Explanations

Exercise	Explanation
Pistol Squat	Starting standing on one foot. Lower yourself down to sitting on a bench ~ knee height and standing up again with the same leg. Try to keep your hips even and knee from wobbling.
Single Leg Burpees	Keeping one foot off the ground at all times. Full Burpees with jump. Holding flat back and even hips.
Single arm Burpees	Keeping one arm off the ground at all times. Full Burpees with jump. Holding flat back and even hips.
Fit ball swings	Kneeling tall on the fit ball with hips underneath you. Passing a weight 2-3kgs back and forth between your hands. Bringing your arm with the weight out to horizontal between passes.
Fit ball tilts	Kneeling tall on the fit ball with hips underneath you. Holding a medicine ball or similar in your hands. Arms straight above head. Lean as far to one side as you can without losing balance and then the other side.
Supermans	Starting on all fours on the ground. Raise one arm straight out in front of you and the opposite leg so that it is line with your back. If too easy raise your other foot off the ground so that only your knee and opposite hand are touching the ground.

Exercise	Explanation
Push Ups Wide	Hands wider than shoulder width. Should feel this more in your chest than your arms.
Bench dips	Feet and hands should be on parallel benches on the same height. Keeping your legs straight and bending only at your elbows, lower yourself down to that your elbows make a 90 degree angle and raise yourself. Back stays close to the bench
Push Ups Narrow	Hands at shoulder width, keeping your elbows in next to your body. On your feet if you can. Knees if too hard.
Plank	Shoulders to hips to feet should make a straight line. On your elbows and feet, holding a prone plank.
Fit ball Balance	Starting sitting on the ball legs out in front of the ground for 30sec then without touching the ground if you can, 30secs on your knees and finally 30 sec with cross legs. 4 sets.
Weighted situp to stand	Using a dumbbell if you have one or alternatively something weighing ~3kgs. Start laying on your back knees bent feet on the ground. Holding the weight straight up, sit up and without using your other hand if possible stand all the way up. Your arm with the weight must be pointed straight up the whole time. If too hard don't use the weight.