

## Core

30 T high knees

30 Standing Pike kicks w DB

30 Squat core rotation w DB

30/30 chopping lunge w DB

30/30 side plank knee crunch w DB

30 High plank Jack's w Band

1 min SB transfers Hold OTC

30/30 Single side v up with DB

30 Rocking hollow holds

30/30 Planks hold 30 Rocking plank to reach

6 inch leg hold 30 shoulder hold 30

3 Rounds 24min

## Abs

30 Sit ups to two cross body punches

30 Core Rockers

30 Flying knee tucks

Standing elbow to knee marches

30/30 Standing Pike kicks

Standing leg raise oblique crunch

Lawn mower oblique twist

Head up hold legs out

Squat w rotation DB

30 DB Squat with rotation w10-25 m25-30

30/30

## Core Advanced

1 min High knees

6 inch leg hold

Superman hold 30sec to swimmers 30sec

Plate side lunges.30/30 w10lb m25

Side v ups 30/30

Side plank toe touches elbow to knee crunch 30/30

Chopping lunges 30/30 w10-20 m15-25

High plank toe touches 30sec to 30sec plank hold

30 Seated knee tucks/ 30 situps

25min set your timer and let's go!

## Core

30/30 High knees holding plate above the head to Scissor Jacks

w10 m25

30/30 MB knee drives (mb and knee crosses body)

30/30 High plank shoulder taps to rocking plank to reach

30/30 Oblique v ups (on side both legs come up)

30/30 Scorpions (one side each leg comes up and over reaching towards hand. Slow and easy this movement should not be performed fast)

30/30 Heavy KB tick tocks (one side each)

w25-44 m35-53

30/30 Hollow hold rocking plank to star plank hold

30/30 Mt climbers to swedish 8s w5-8 m8-10

3 Rounds 24min 4-5min Brinks

Burn More:

25 sit ups

25 half Burpee

25 v ups

50 KB russian twist w15-25 m25-44

## Abs and Mobility

30 DB standing Alt Pike kicks w10-15 m15-20

30 Bear crawl hold plate slide w10-25 m25-45

30/30 lunge with plate twist (arms fully extended holding plate twisting over lunging knee) w10 m25

30/ DB up and over (seated with both legs together going up and over DB) \*any size fb that can stand up.

30/ Superman up and over ( on stomach feet up with both arms going up and over DB)

Reverse plank hold 1min

30/ Scorpions (slow and controlled leg coming up and over reaching towards opposite hand)

30/30 Standing single leg DB up and over

W5-8 m10-15 (arms out with DB in one hand transferring to opposite hand over head while keeping leg up)

30/ Spidermans

1min/ KB figure 8 w15-25 m25-35

30/30 KB Single arm core ups SWA

1min/ Toe taps on med ball to 5 med ball slams OTC w10-20 m15-30

3 Rounds 24min

4-5min Brink

## Core home workout video

30sec single DB standing Alt Pike kicks

30/30sec Single DB core knee drives

30/30sec standing DB single leg rainbow press

30/30 Side plank hip taps

30/30 single arm v up

30sec seated knee tucks

1 min 6 inch leg hold

1 min reverse plank hold

3 Rounds 22 1/2 minutes with 30sec rest on between each round

## Abs

2 ROUNDS - STATIONS: They should finish around 8min try and start the next part of the workout at 10 min mark. Buy

30/30 knees bent plate twist (washing machines)/ Russian twist w plate  
W10-25 m25

30/30sec Sit ups to punches/ core ups

30/30sec Ladders quick hands in out / Alt Planks

30/30sec SB knee tucks/ leg out taps

Stability ball back ext. 10

V ups 10

Kb core ups 10w15-35 m25-44

Oblique MT climbers 30

Side heel touches 30

Superman up and over DB 12

Side V ups 20

Hanging knee tucks 8

Alt v ups 20

How many Rounds 15min?

5min brink

## Abs

30 plank Jack to Speed Jack

30 Bear crawl hold to shoulder taps

30 hollow hold knee crunch

30 MB Russian twist

30 Half Burpee to Alt knee drives

30 low spider planks

30 KB knee up core ups

30 superman W

30 superman

30/30 side V ups

30 Side heel touches

30 3pt Butterfly sit ups

## Alta football stability, power and conditioning

Groups of 2 (8xs )

Squats on bosu and plate Stability

30/30 Split lunge hold on box and bosu around the world ball slams

1 min each Rope waves peripheral color call OTC 6xs (3xsea)

Sled pulls backwards and forwards (6xs ea)

Double plate lateral step ups with KB catch

20lbs-35

Core:

Seated battle rope w twist

Core Hammers

Db squat punches

Band walks

Band oblique twist

KB core ups

6INCH LEG HOLD

STRETCH:

6min

## Abs

Let's do this one again

Stability ball back ext. 12

V ups 12

Kb core ups 10w15-35 m25-44

Oblique MT climbers 30

Side heel touches 30

Good mornings 12 w25 m45

Side V ups 20

KB oblique Squats 20 (swa)

Hanging knee tucks 15

Plank hold 1 min

How many Rounds 25min?

5min brink

## Abs

High knees to 3 v ups ups 1 min OTC  
plank hold 30 / 30 rocking plank to reach  
Single side v up 30/30 w5-8 m10-12  
Swedish 8s 1 min swa)  
Speed Jacks 30/ 30 mT climbers  
Frankenstein sit ups 30sec  
Sit ups 30sec  
Side knee to elbow crunch 30/30  
Kb core ups 1 min up down slow w10-15 m15-20  
High plank shoulder tap Jacks 30/seal Jacks 30sec  
3 pt leg lifts 1 min OTC  
Med ball/ DB around the world 30/30 w10-12 m14-16

22min 5min brink