



Name: \_\_\_\_\_

**A** Core Training - Advanced

*Post-Workout - Supplemental*

			Date	Date	Date	Date
<b>Movement</b>	<b>Reps</b>	<b>Tempo</b>				
A1 Plank Pushup	10-12	2010				
Rest 30 seconds						
A2 Barbell Landmine	10-12	4010				
Rest 30 seconds						

**B** Core Training - Advanced

*Post-Workout - Supplemental*

			Date	Date	Date	Date
<b>Movement</b>	<b>Reps</b>	<b>Tempo</b>				
A1 Back Extension, Toes Turned Out	10-12	2014				
Rest 30 seconds						
A2 Plank Knee-In (Feet Inclined or Flat)	10-12	2011				
Rest 30 seconds						

**C** Core Training - Advanced

*Post-Workout - Supplemental*

			Date	Date	Date	Date
<b>Movement</b>	<b>Reps</b>	<b>Tempo</b>				
A1 Ab Wheel Rollout	18-20	3010				
Rest 30 seconds						
A2 Side Plank Knee-In	10-12	2011				
Rest 30 seconds						

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**ALL TOGETHER  
ALL STRONGER**