



Name: _____

A Core Training - Beginner

Post-Workout - Supplemental

				Date	Date	Date	Date
Movement	Reps	Tempo					
A1 Front Plank	ALAP*	XXXX					
Rest	45 seconds						
A2 Standing Medicine Ball Twist	10-12	3011					
Rest	45 seconds <i>*As Long As Possible</i>						

B Core Training - Beginner

Post-Workout - Supplemental

				Date	Date	Date	Date
Movement	Reps	Tempo					
A1 Side Plank	ALAP*	XXXX					
Rest	45 seconds						
A2 Quadruped Bird Dog	15-20	2011					
Rest	45 seconds						

C Core Training - Beginner

Post-Workout - Supplemental

				Date	Date	Date	Date
Movement	Reps	Tempo					
A1 Inverse Plank	ALAP*	XXXX					
Rest	45 seconds						
A2 Standing Band Twist - Parallel to Floor	12-15	3012					
Rest	45 seconds						

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**ALL TOGETHER
ALL STRONGER**