



Name: _____

A Core Training - Intermediate

Post-Workout - Supplemental

				Date	Date	Date	Date
Movement	Reps	Tempo					
A1 Straight-Arm Plank	ALAP*	XXXX					
Rest	30 seconds						
A2 Prone Superman	18-20	2020					
Rest	30 seconds	<i>*As Long As Possible</i>					

B Core Training - Intermediate

Post-Workout - Supplemental

				Date	Date	Date	Date
Movement	Reps	Tempo					
A1 Stability Ball Hip Thrust	18-20	3012					
Rest	30 seconds						
A2 Quadruped Bird Dog	15-20	2011					
Rest	45 seconds						

C Core Training - Intermediate

Post-Workout - Supplemental

				Date	Date	Date	Date
Movement	Reps	Tempo					
A1 Back Extension	10-12	2014					
Rest	30 seconds						
A2 1/2 Turkish Getup	12-15	4011					
Rest	30 seconds						

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**ALL TOGETHER
ALL STRONGER**