



RESTORE: The CORE Program

Exercise	Level 1 - Your Day by Day Schedule for Weeks 1 - 3						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<i>Basic Abdominal Brace</i>	Up to 15 minutes of practice, 2 to 5x throughout the day.	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1
<i>Side Plank</i>	Perform your best side plank for each side.	Rest	Form focus. 25-50% of max. Try 3-10x 10 seconds each side.	Rest or repeat day 3	Form first. 50 to 75% of max. Try 3-6x 20-30seconds each side.	Rest	Repeat day 3
<i>Basic Prone Quadraped</i>	Up to 5 minutes of practice, 2 to 4x throughout the day.	Repeat day 1	Rest	Repeat day 1	Rest	Repeat day 1	Repeat day 1
<i>Vertical Quadraped</i>	Up to 5 minutes of practice, 2 to 4x throughout the day.	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1
<i>Crab Bridge (Leg Movement)</i>	Up to 5 minutes of practice, 2 to 4x throughout the day.	Rest	Repeat day 1	Rest or repeat day 1	Rest	Repeat day 1	Repeat day 1