



## RESTORE: The CORE Program

Exercise	Level 2 - Your Day by Day Schedule for Weeks 4 - 7						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<i>Half Front Plank with Reach</i>	3 to 5 minutes of practice, 2 to 3x throughout the day.	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1
<i>Monster Walk</i>	3 to 5 minutes of practice, 1 to 3x throughout the day.	Repeat day 1	Rest	Repeat day 1	Rest	Repeat day 1	Repeat day 1
<i>Posterior Plank</i>	Practice set up. Start conservatively. Perhaps 3-5x 10 seconds	Rest	Repeat day 1	3-5x 15 seconds	Rest	2-4x 30seconds	Rest
<i>Vertical Quadraped</i>	2 to 5 minutes of practice, 1 to 3x throughout the day.	Repeat day 1	Rest	Repeat day 1	Rest	Repeat day 1	Repeat day 1
<i>Crab Bridge (adding arm movement)</i>	2 to 5 minutes of practice, 1 to 3x throughout the day.	Rest	Repeat day 1	Rest or repeat day 1	Rest	Rest or repeat day 1	Repeat day 1
<i>The Clock</i>	2 to 3 minutes of practice, 1 to 2x throughout the day.	Rest	Repeat day 1	Rest or repeat day 1	Rest	Repeat day 1	Repeat day 1
<i>Continuous Plank Series</i>	Progress through each level of CP. Do them 1 to 3x per week.	Off	Do a Continuous Plank Series	Off	Off	Do a Continuous Plank Series	Off