



RESTORE: The CORE Program

Exercise	Level 3 - Weekly Scheduling						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<i>Stir the Pot</i>	3 to 5 minutes of practice, 2 to 3x throughout the day.	Rest	Repeat day 1	Rest	Repeat day 1	Rest	Repeat day 1
<i>Swiss Ball Side Plank</i>	3 to 5 minutes of practice, 1x per day.	Repeat day 1	Rest	Repeat day 1	Rest	Repeat day 1	Repeat day 1
<i>Hurdle Holds</i>	A good target is 4 to 8 reps each side, 2 to 3x per week. The total amount of time spent on this might only be 2 minutes, but it's an important exercise to include in your routine.						
<i>Vertical Quadraped (advanced)</i>	2 to 5 minutes of practice, 1x a day.	Rest	Repeat day 1	Rest	Repeat day 1	Rest	Repeat day 1
<i>Swiss Ball Bridging / Curls</i>	2 sets of 3 to 10 reps. Bridging only at first.	Rest	Rest	Repeat day 1	Rest	Add curling as you are able, to day 1 routine.	Rest
<i>Ab-Wheel Roll Outs</i>	2 to 6 reps, scaled depending on progression. Use caution.	Rest	Rest	Repeat day 1	Rest	Rest	Repeat day 1
<i>Moving Plank Series</i>	1 to 2 minutes of practice or as an assessment is ideal. This is an excellent part of a quality warm up to dynamic activities like running and can also be used as part of your warm up to other exercises in this program.						
<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