

Track Core workout - after practice

DAY 1

- 1. Bridge (x 5 for 10 second hold)**
- 2. Planks (x 3 for 20 second hold)**
- 3. Butt Killers (x1 from 5)**
- 4. Push Ups (x 20 - slow)**
- 5. Russian Twists (x 2 for 30 seconds each)**
- 6. Toe/heel raises along wall (x 2 - 10 each alternating)**

DAY 2

- 1. Plank Jacks (x2 of 20)**
- 2. Full range sit up (x 15 - slow)**
- 3. Leg Lifts ON BACK with leg to bent knee (2 x 10) alternating leg**
- 4. Bridge (x 10 for 10 second hold)**
- 5. Wall Sit (sing school song) (x2)**
- 6. Toe/heel raises along wall (x 2 - 10 each alternating)**

DAY 3

- 1. Side Lying Leg lifts (x2 for 10) alternating leg**
- 2. Bicycles (x 3 for 30 seconds)**
- 3. Planks (x 3 for 20 second hold)**
- 4. Bridge (x 5 for 10 second hold)**
- 5. Clams (x2 for 10) alternating leg**
- 6. Toe/heel raises along wall (x 2 - 10 each alternating)**