



## **CORE & CONDITIONING – STABILITY + SWEAT WORKOUT**

Warm Up: 5-10 min incline treadmill

### **1) Cable Chop**

10 reps with each side. Followed immediately by...

#### **Side Plank Crunch**

10 reps with each side. Followed immediately by...

#### **Bird Dog**

10 reps with each side

Rest: 30 sec

Total sets: 3

### **2) Cable Crunch**

15-20 reps. Followed immediately by...

#### **Dumbbell Chop**

20 reps with each side. Followed immediately by...

#### **Lying Leg Raise**

12-15 reps

Rest: 30-45 sec

Total sets: 3

### **3) Plank**

60 sec. Followed immediately by...

### **Plank to Shift**

20 reps. Followed immediately by...

### **Plank to Push-Up**

10 reps with each side

Rest: 30 sec

Total sets: 3

## **Coach's Corner — Core & Conditioning Edition**



**This workout isn't about the six-pack — it's about strength that supports everything else.**



You trained the core to resist rotation, control movement, and stabilize your entire body under pressure.



Then you turned up the engine — because a strong core is nothing without the engine to match it.

**Core is your foundation. Conditioning is your edge. Today, you trained both.**