



Core Strength

4-Day Workout Plan

Mondays

Focus: Core

1. **Core Twists: x25 total reps**
2. **V-Ups: x20 total reps (2 sets of 10)**
3. **Lace Touches: x20 total reps (2 sets of 10)**
4. **Elevated Scissors: x20 total reps (2 sets of 10)**
5. **Ball Planks | Exchanges: x45 sec.**

Focus: Mobility

1. **3-Point Toe Touches: x10 reps each foot**
2. **One Legged Ball to Floor Taps: x8 reps each foot**
3. **One Legged Line Jumps: 2 sets of 10 (each foot)**
4. **2 Spot Movement: 2 sets of 10 (5 each foot)**
 - a. **Forward/Back + Side to Side = 1 Rep**

Wednesdays

Focus: Core

1. **Basketball Planks: 2 sets of 30 sec.**
2. **Core Twists: x25 total reps**
3. **V-Ups Ball Exchange: x20 total reps (2 sets of 10)**
4. **Elevated Fingertip Taps:**
 - a. **Next to Leg: 15 sec. each hand**
 - b. **45 Degree: 15 sec. each hand**
 - c. **Ball extended: 15 sec. each hand**
 - d. **Full Range of Motion: 15 sec. each hand**

Focus: Strength

1. **Matrix Push-Ups: 2 sets of 10 (x5 reps each hand)**
2. **2-Hand Basketball Push-Ups: 3 sets of 5**
3. **Body Weight Squats: 2 sets of 10**
4. **Basketball Lunges: 2 sets of 10 (x5 reps each leg)**

Fridays

Focus: Core

- 1. Ball Planks | Elbows: 2 sets of 30 sec.**
- 2. V-Ups: 2 sets of 10**
- 3. Core Twists w/ Ball Drop: 2 sets of 10 (x5 reps each way)**
- 4. Flutter Kicks: x25 total reps**

Focus: Mobility

- 1. Hip Raises + Dips**
- 2. 3-Point Toe Touches: x10 reps each foot**
- 3. One Legged Ball Extension: 2 sets of 10 (x5 reps each foot)**
- 4. Skiing (Lateral Movement): 2 sets of 10 total reps**

Focus: Strength

- 1. Basketball Matrix Push Ups: 2 sets of 10 (x5 reps each hand)**
- 2. Matrix Push-Ups | Ball Exchange: 2 sets of 10 total reps**
- 3. Basketball Lunges: x10 reps (x5 reps each leg)**
- 4. Basketball Lunge | Twist: x10 reps (x5 reps each leg)**

Saturdays/Sundays

Focus: Core

- 1. Core Twist: 2 sets of 20 total reps**
- 2. Lace Touches: 2 sets of 10**
- 3. One Leg/Arm V-Ups: 2 sets of 10 (x5 rep each hand)**
- 4. Core Twist + Elevated Scissor: x20 total reps**
- 5. Perfect Sit Up: x10 reps**

Focus: Mobility

- 1. Hip Raises + Dips: 2 sets of 10**
- 2. 3-Point Toe Touches: x10 reps each foot**
- 3. One Leg Ball to Floor Taps: x8 reps each foot**
- 4. Skiing: 2 sets of 10 total reps**
- 5. Skiing w/ Ball Touch: x10 total reps**

Focus: Strength

- 1. Basketball Matrix Push Ups: 2 sets of 10 (x5 each hand)**
- 2. Matrix Push Ups | Ball Exchange: 2 sets of 8 (x4 reps each hand)**
- 3. Body Weight Squats: 2 sets of 15**
- 4. Basketball Lunges | Hip Flexor: 2 sets of 10 (x5 reps each leg)**

