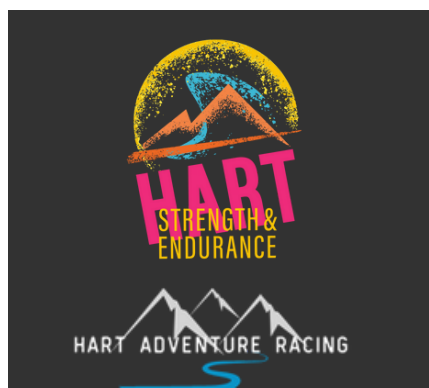


ADVENTURE RACING CORE WORKOUT



EQUIPMENT NEEDED: Yoga mat or comfortable area to lay on the floor. Optional dumbbells for added resistance

EXERCISE WEIGHTED ALTERNATIVE	# REPS	REST	# SETS
DEAD BUGS WEIGHTED DEADBUGS	10 PER SIDE	30 - 60 SEC	2-3
UP/DOWN SPIDERMANS	5 HIGH / 5 LOW	30 - 60 SEC	2-3
SUPERMAN I-Y-T'S	5 ROUNDS	30 - 60 SEC	2-3
SIDE PLANK W/ HIP DIP ADD HIP RESISTANCE	10 PER SIDE	30 - 60 SEC	2-3
BEAR PLANK W/ SHOULDER TAP BEAR PLANK RENEGADE ROW	10 PER SIDE	30 - 60 SEC	2-3
PULL THROUGH PLANK DUMBBELL PULL THROUGH	10 PER SIDE	30 - 60 SEC	2-3
SINGLE LEG GLUTE BRIDGES ADD HIP RESISTANCE	10 PER SIDE	30 - 60 SEC	2-3



NOTES:

For detailed instructions on how to complete the workout and individual exercises, visit :

<https://www.hartadventureracing.com/adventure-racing-core-workout>

DISCLAIMER: This workout was designed for educational purposes, and is not a prescribed training plan for any particular individual. Understand that when participating in strength training exercises, there is the possibility of physical injury. If you engage in this workout you agree that you do so at your own risk, are voluntarily participating in these activities, and assume all risk of injury to yourself. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. If you are not comfortable performing a movement, ask a trained fitness professional for in person help!