

## Total Body Strength & Core Stability Workout

This workout program can be done at your own pace. Complete each exercise for the listed repetitions and sets. Utilize the video links for exercise demonstrations and form tips.

### Warm-Up | Mobility & Activation

- Follow along with the video below.
- **Modification:** Eliminate the final exercise (toe touches) if you have spine issues or limited hip mobility.

[Warm-Up Video](#)

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### Core Stability & Anti-Rotation

#### 1. Bird Dog

- **Sets/Reps:** 1 set of 6–8 reps per side
- **Tempo:** 2-second pause at the top of each rep
- **Coaching Cue:** Maintain a neutral spine and engage the core to resist rotation and extension.

[Exercise Demo](#)

#### 2. Dead Bug

- **Sets/Reps:** 1 set of 5–8 reps per side
- **Coaching Cue:** Maintain abdominal pressure and a neutral spine throughout the movement.

[Exercise Demo](#)

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### Lateral Stability & Glute Activation

#### 1. Kneeling Side Plank

- **Sets/Reps:** 1 set of 5–6 reps per side
- **Pause:** Hold each rep for 3–5 seconds at the top
- **Coaching Cue:** Maintain a straight line from knees to shoulders; avoid hip sag.

[Exercise Demo](#)

#### 2. Assisted Bridge (With or Without Mini Band)

- **Sets/Reps:** 1 set of 6–8 reps
- **Pause:** Hold each rep for 3 seconds at the top
- **Coaching Cue:** Drive hips upward while maintaining core engagement and glute activation.

[Exercise Demo](#)

### Strength & Stability

Perform 2–3 sets of 8–10 reps for each exercise unless otherwise noted.

#### 1. Single-Leg Deadlift

- **Load:** Bodyweight or optional external weight
- **Reps:** 8–10 reps per leg
- **Focus:** Balance, hip hinge, and control

[Exercise Demo](#)

#### 2. Half-Kneeling Overhead Press

- **Load:** Bodyweight or optional weight
- **Sets/Reps:** 2 sets of 8–10 reps per side
- **Coaching Cue:** Avoid hip shift; maintain tall posture and core engagement.

[Exercise Demo](#)

#### 3. Step-Ups

- **Sets/Reps:** 2 sets of 3–5 reps per leg
- **Focus:** Controlled movement and full foot contact on the step

[Exercise Demo](#)

#### 4. Leg Lowers

- **Sets/Reps:** 2 sets of 8–10 reps per leg
- **Focus:** Core control and lumbar stability

[Exercise Demo](#)

#### 5. Reverse Lunge

- **Sets/Reps:** 2 sets of 8 reps per side
- **Modification:** Hold onto support for balance if needed.

[Exercise Demo](#)