

Power Fit Standing Core Routine

Core Routine - 1 -5 lb weight

3 x each way reg stance

3 x each way R fwd

3 x each way L fwd

Low to high twists - reg stance 1 x

Low to high twists R fwd 1 x

Low to high twists L fwd 1 x

Straight across - shoulder height/ eyes closed and open 4 - 6 x

Diagonal low to high - reg stance 3 x /side

RXX Low to high and straight across 3 x /side

LXX Low to high and straight across 3 x /side

XXX Straight across + quick stop

XXX lo to hi and hi to lo + quick stop

LXX Straight across + quick stop

LXX lo to hi and hi to lo + quick stop

RXX Straight across + quick stop

RXX lo to hi and hi to lo + quick stop

XXX Short ROM and quick stops - straight across and hi to lo

RXX Short ROM and quick stops - straight across and hi to lo

LXX Short ROM and quick stops - straight across and hi to lo

R step fwd, side and transverse step and rotate left hard and fast to different heights

L step fwd, side and transverse step and rotate left hard and fast to different heights

T-Rex 5 lb DBells XXX back, back, side, side, cross, cross 2x

LXtouch back, back, side, side, cross, cross 2x

RXtouch back, back, side, side, cross, cross 2x

LXX back, back, side, side, cross, cross 2x

RXX back, back, side, side, cross, cross 2x

XXX - Hi to lo DBell Drive Downs 4x /side - diagonal

LXX - Hi to lo DBell Drive Downs 4x /side - diagonal

RXX - Hi to lo DBell Drive Downs 4x /side - diagonal

XXX - Lo to Hi DBell Drive Downs 4x /side - diagonal

LXX - Lo to Hi DBell Drive Downs 4x /side - diagonal

RXX - Lo to Hi DBell Drive Downs 4x /side - diagonal

XXX - Hi to Lo DBell Drive downs - straight down - 6x

LXX - Hi to Lo DBell Drive downs - straight down - 6x

RXX - Hi to Lo DBell Drive downs - straight down - 6x