

Xlathlete.com

Safe Loaded Heavy Core Training Workouts

Workout 1

<u>Glute Ham Prone Contralateral Shock Abs</u>	3X15 Reps
<u>Glute Ham Supine Contralateral Shock Abs</u>	3X15 Reps
<u>Partner Band Abs Isometric</u>	3X15 sec.
<u>Heavy One Arm Farmers Carry</u>	3 x Distance

Workout 2

<u>Hip Flexor Prone Isometric Contralateral</u>	3X5 (4 sec Iso)
<u>Contralateral Isometric Extension Band</u>	3 X 30 sec. Each Side
<u>Contralateral Isometric Flexion Band</u>	3 X 30 sec. Each Side
<u>Heavy One Arm Farmers Carry</u>	3 x Distance

Workout 3

<u>Hip Flexor Prone Eccentric Contralateral</u>	3X5 (4 sec Ecc)
<u>Partner Band Abs Isometric</u>	3X5 (4 sec Iso)
<u>Contralateral Isometric Extension Band</u>	3X20 sec
<u>Heavy One Arm Farmers Carry</u>	3 x Distance

Workout 4

<u>Contralateral Isometric Extension Band</u>	3 X 30 sec. Each Side
<u>Contralateral Isometric Flexion Band</u>	3 X 30 sec. Each Side
<u>Partner Band Abs Isometric</u>	3 x 15 sec. Each Side
<u>Heavy One Arm Farmers Carry</u>	3 x Distance
