HARVARD

STRENGTH AND CONDITIONING
SUMMER CORE WORKOUTS
2009

PHASE ONE			PHASE TWO			PHASE THREE		
DAY ONE								
***Med Ball Series:**	**3 TIMES THROUGH**		***Med Ball Series x 3:**	**3 TIMES THROUGH**		***Med Ball Series x 3:**	**3 TIMES THROUGH**	
Side Throws on Wall	12e		Side Throws on Wall w/ step back	10e		Side Throws on Wall in lunge position (*lunge forward with both feet on both sides)*	6 ea leg, 12 ea side	
Front Twist Throws on Wall (facing wall)	12e		Alt. sides Front Twist Throws on Wall	12e		Front Twist Throws on Wall	12e	
Overhead Throws on Wall	12		Overhead Throws on Wall with step	6 ea leg		Overhead Throws on Wall	12	
Chest Throws on Wall (hard and fast)	15		Single Arm Chest Throws on Wall	8ea		Single leg Chest Throws on Wall	8ea	
DAY TWO								
Stability	**2 times through**		***Stability***	**2 times through**		***Stability***	**2 times through**	
lying draw-ins (pull belly bottom to spine)	8reps, 5 second hold		kneeling draw-ins w/ 10lb plate	reps 5 second hold		kneeling draw-ins w/ 10lb plate	8 reps 5 second hold	
draw-in crunch -use stick if available	15 reps		draw-in crunches - use stick if available	20reps		draw-in crunches - use stick if available	25 reps	
Opposite dead bug (opp arm, opp leg)	8ea		dead bugs - both arms/both legs	10 total		dead bugs - both arms/both legs	reps, hold in out for 5sec)	
Plank extensions (arms and legs)	8 total reps		push-ups extensions (arms and legs	8 total reps		push-ups alt. extensions	6 ea side	
(plank postion, extend rt arm in front, then lt arm in front, then rt leg straight up, then left leg straight up = one rep			*(same as plank extensions in phase one, this time you are in push up position)*			*similar to alternating supermen on floor, only you are in push-up position, extend opposite arm-opposite leg w/out rotating hips*		
DAY THREE								
Isometric Strength	**2 TIMES THROUGH**	ADD	***Isometric Strength***	**2 TIMES THROUG**	ADD	***Isometric Strength***	**2 TIMES THROUGH**	ADD
Plank Hold - 2 Feet	:30 seconds	10	Plank Hold - one foot	:20 seconds each	10	Plank Hold - 1 arm/1 foot	:20 seconds each	10
Side Bridge Hold - Stack Feet	:30 seconds each	SECONDS	Side Bridge Hold - add weight	:20 seconds each	SECONDS	Side Bridge Hold - lift top leg up	:20 seconds each	SECONDS
6 inch crunch hold (draw in)	:30 seconds	EACH	6 inch crunch hold w/ weight on shins	:30 seconds	EACH	Y-crunch hold (extend arms out)	:30 seconds	EACH
double leg glute bridge hold (knees togeth	:30 seconds	WEEK	single leg glute bridge hold (knees toge	:30 seconds	WEEK	glute bridge alt. march (hips up whole tir	:30 seconds	WEEK
DAY FOUR								
Dynamic	**3 TIMES THROUGH**		***Dynamic***	**3 TIMES THROUGH**		***Dynamic***	**3 TIMES THROUGH**	
sit-ups	15	ADD 5	stick sit-up (behind head)	10	ADD 5	stick rocky sit-up	10	ADD 5
atomics	15	REPS	weighted atomics	15	REPS	rotating atomic (twist at top)	8 ea side	REPS
side hip lifts	15 ea	EACH	weight side hip lifts	15 ea	EACH	off bench obliques if possible (if not - hip	10	EACH
straight leg sit-ups	10	WEEK	stick straight leg sit-ups	10	WEEK	stick straight leg sit-ups	15	WEEK
toe touches	15		weighted toe touches	15		single leg lower with toe touch at the top	8ea	