HARVARD

STRENGTH AND CONDITIONING
SUMMER CORE WORKOUTS
2009

PHASE ONE

DAY ONE

***Med Ball Series:*	**3 TIMES THROUGH**	
Side Throws on Wall	12e	
Front Twist Throws on Wall (facing wall)	12e	
Overhead Throws on Wall	12	
Chest Throws on Wall (hard and fast)	15	

DAY TWO

***Stability*	**2 times through**	
lying draw-ins (pull belly bottom to spine)	8reps, 5 second hold	
draw-in crunch -use stick if available	15 reps	
Opposite dead bug (opp arm, opp leg)	8ea	
Plank extensions (arms and legs)	8 total reps	

(plank postion, extend rt arm in front, then lt arm in front, then rt leg straight up, then left leg straight up = one rep

DAY THREE

***Isometric Strength*	**2 TIMES THROUGH**	ADD
Plank Hold - 2 Feet	:30 seconds	10
Side Bridge Hold - Stack Feet	:30 seconds each	SECONDS
6 inch crunch hold (draw in)	:30 seconds	EACH
double leg glute bridge hold (knees togetl	:30 seconds	WEEK

DAY FOUR

***Dynamic*	**3 TIMES THROUGH**	
sit-ups	15	ADD 5
atomics	15	REPS
side hip lifts	15 ea	EACH
straight leg sit-ups	10	WEEK
toe touches	15	

PHASE TWO

***Med Ball Series x 3:*	**3 TIMES THROUGH**	
Side Throws on Wall w/ step back	10e	
Alt. sides Front Twist Throws on Wall	12e	
Overhead Throws on Wall with step	6 ea leg	
Single Arm Chest Throws on Wall	8ea	

***Stability*	**2 times through**	
kneeling draw-ins w/ 10lb plate	reps 5 second hold	
draw-in crunches - use stick if available	20reps	
dead bugs - both arms/both legs	10 total	
push-ups extensions (arms and legs	8 total reps	

(same as plank extensions in phase one, this time you are in push up position)

***Isometric Strength*	**2 TIMES THROUG**	ADD
Plank Hold - one foot	:20 seconds each	10
Side Bridge Hold - add weight	:20 seconds each	SECONDS
6 inch crunch hold w/ weight on shins	:30 seconds	EACH
single leg glute bridge hold (knees toge	:30 seconds	WEEK

***Dynamic*	**3 TIMES THROUGH**	
stick sit-up (behind head)	10	ADD 5
weighted atomics	15	REPS
weight side hip lifts	15 ea	EACH
stick straight leg sit-ups	10	WEEK
weighted toe touches	15	

PHASE THREE

***Med Ball Series x 3:*	**3 TIMES THROUGH**	
Side Throws on Wall in lunge position	6 ea leg, 12 ea side	
(lunge forward with both feet on both sides)		
Front Twist Throws on Wall	12e	
Overhead Throws on Wall	12	
Single leg Chest Throws on Wall	8ea	

***Stability*	**2 times through**	
kneeling draw-ins w/ 10lb plate	8 reps 5 second hold	
draw-in crunches - use stick if available	25 reps	
dead bugs - both arms/both legs	reps, hold in out for 5sec)	
push-ups alt. extensions	6 ea side	

similar to alternating supermen on floor, only you are in push-up position, extend opposite arm-opposite leg w/out rotating hips

***Isometric Strength*	**2 TIMES THROUGH**	ADD
Plank Hold - 1 arm/1 foot	:20 seconds each	10
Side Bridge Hold - lift top leg up	:20 seconds each	SECONDS
Y-crunch hold (extend arms out)	:30 seconds	EACH
glute bridge alt. march (hips up whole tir	:30 seconds	WEEK

***Dynamic*	**3 TIMES THROUGH**	
stick rocky sit-up	10	ADD 5
rotating atomic (twist at top)	8 ea side	REPS
off bench obliques if possible (if not - hip	10	EACH
stick straight leg sit-ups	15	WEEK
single leg lower with toe touch at the top	8ea	