

CORE STRENGTH

Weekly Progress Tracking

WEEK OF: _____

EXERCISE	SETS/REPS OR TIME	ACTUAL PERFORMANCE	NOTES/FEEL
Plank (Front)			
Side Plank (L/R)			
Dead Bugs			
Bird Dog			
Hollow Body Hold			
Leg Raises			

MON
TUE
WED
THU
FRI
SAT
SUN

Maintain neutral spine & Controlled breathing & Quality over quantity