

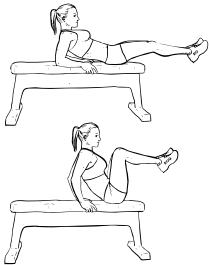
# Peak Zone: Day 3 - Core Workshop

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30 min · Abs, Arms, Back, Legs, Shoulders

Here we are at workout number 3 of 3! I hope those core muscles are nice and warm, they're about to take a pounding. Let's finish out the week with some power!

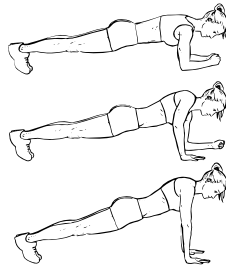
## Seated Bench Leg Pull-Ins



**40** reps

Start out with some leg pull ins, want more of a challenge? Hold a dumbbell between your feet!

## Plank to Push-Up



**20** reps

Max out that upper-body!

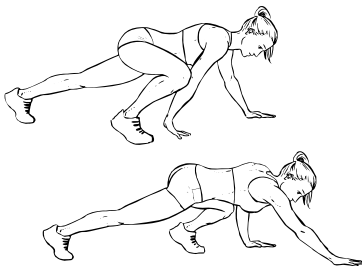
## Tuck Jumps



**25** reps

Bring those knees nice and high!

## Bear Crawls



**40** reps

Make sure to hit 20 reps per leg here. You are a bear.

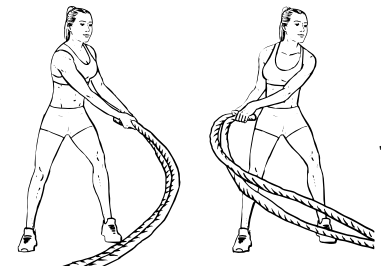
## Hollow Body Rock Hold



**90** secs

Build up your stability slowly, even if it means in 10-second intervals.

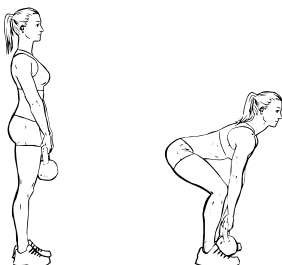
## Battle Rope Side-to-Side Swings



**100** reps

Aim for 100 swings in total! Activate those core muscles and lead with your waist.

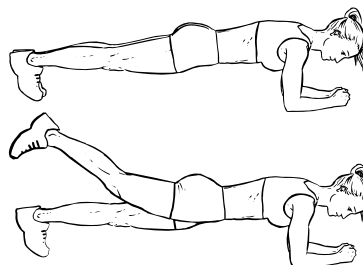
## Kettlebell Deadlifts



**50** reps

Use a weight that forces you to rest after 12 reps.

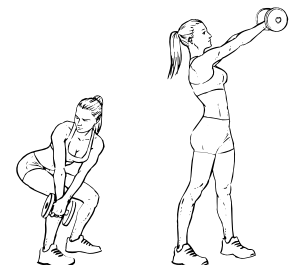
## Plank Leg Lifts



**60** reps

Lift up your legs 30 times each, you've almost finished!

## Dumbbell Chops



**60** reps

That's 30 reps per side, make it a countdown to the end of the workout. Chop, chop!



## Seated Bench Leg Pull-Ins / Flat Bench Knee-ups

Primary muscle group(s):

**Abs**

Secondary:

**Glutes & Hip Flexors**

Sit on the end of a bench with your legs fully extended in front of you angled towards the floor slightly.

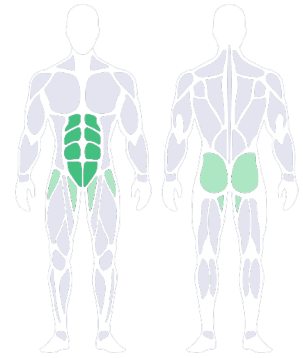
Grip the sides of the bench for stability.

Leaning back to about a 45-degree angle from the bench. This is the start position.

Pull your knees in toward you at the same time moving your torso towards them. Make sure you exhale as you perform this part of the movement. Hold for a count of one.

Return to the start position by extending your legs out and relaxing your abdominal muscles. Breathe in as you do this. Pause and repeat.

**!** This exercise can also be performed on the floor by placing your arms to the sides and raising your legs off the floor slightly. More advanced athletes can use a dumbbell between their feet or attach a pulley to them for added resistance.



## Plank to Push-Up / Pushups / Walking Plank Up-Downs

Primary muscle group(s):

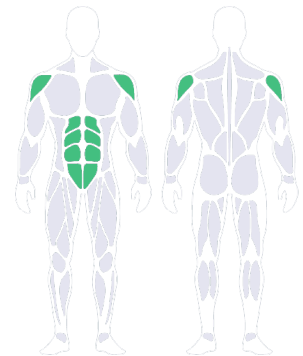
**Abs, Shoulders**

Start in the plank position with your elbows shoulder-width apart.

Press yourself up from the floor one arm at a time into a push-up, maintaining your body in a straight line.

Slowly return to the starting plank position the same way, one arm at a time.

Repeat the movement alternating sides.



## Tuck Jumps

Primary muscle group(s):

**Hamstrings, Quadriceps**

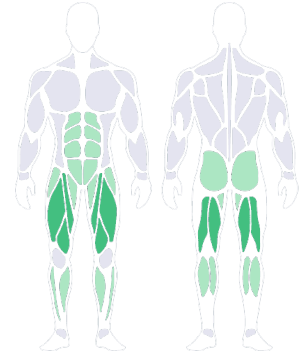
Secondary:

**Abs, Calves, Glutes & Hip Flexors**

Place your feet at shoulder-width with your toes pointed slightly out. Brace your core and keep your chest up.

Bend first at the knees then at the hips. Lower yourself slightly to pre-engage the hamstring muscles. Now launch yourself up into the air.

At the same time, bring your knees up towards your chest in midair. Land on both feet with slightly bent knees. Move right into your next jump.



## Bear Crawls

Primary muscle group(s):

**Abs, Shoulders**

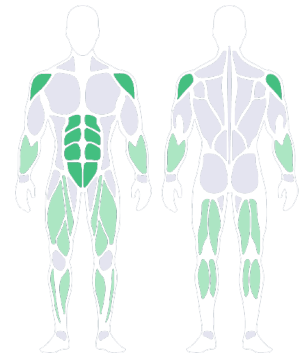
Secondary:

**Calves, Forearms, Hamstrings, Quadriceps**

Come to the ground, placing your knees below your hips and your hands below your shoulders. Elevate your hips up, extending your legs and arms. Keep the head in a neutral position.

Move the right hand forward as you simultaneously move the left foot forward. Afterwards, move the left hand and right foot forward.

Continue in this back and forth pattern, always moving the opposite hand and foot. Remember to brace the core throughout the movement.



## Hollow Body Rock Hold

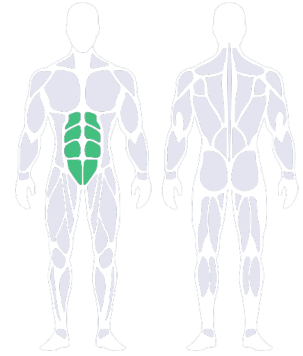
Primary muscle group(s):

**Abs**

Lie down on a padded surface. Have your arms extended above your head with your feet straight out in front of you. Point the toes down and forward.

Begin the movement by contracting the core. Simultaneously, move the hands and feet up. Keep the legs and arms straight.

With your gaze straight ahead, bring your chest and legs off of the ground, focusing all of the tension in your core. Hold this position for as long as you can. Afterward, slowly return to the starting position.



## Battle Rope Side-to-Side Swings

Primary muscle group(s):

**Abs, Biceps, Shoulders, Triceps**

Secondary:

**Calves, Hamstrings, Lower Back, Quadriceps, Upper Back & Lower Traps**

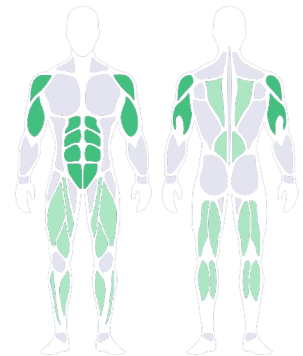
Take a battle rope in each hand, then bring your hands together. Keep the ropes around core height.

Keep a slight bend in your knees and keep your core braced.

In one motion, forcefully swing the ropes to the left while keeping your legs braced and knees slightly bent.

Reverse the motion, bringing the ropes to the right.

Continue swinging the ropes side to side while maintaining a tight and braced stance.



## Kettlebell Deadlifts

Primary muscle group(s):

**Abs, Hamstrings, Lower Back**

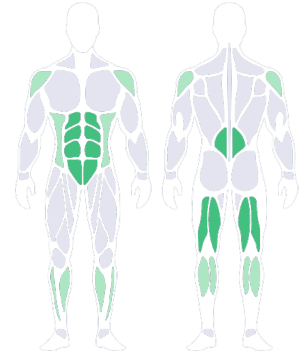
Secondary:

**Calves, Obliques, Shoulders**

Place a kettlebell on the ground. Step over the kettlebell so that it is in the center beneath you. Move your feet to shoulder-width or just outside of shoulder-width. Tighten your core and keep your chest up.

Begin by kicking your hips back and slightly bending your knees. Extend your arms down to grab onto the kettlebell.

Holding on to the kettlebell, drive your hips forward to stand back up. Slowly, reverse the movement by kicking your hips back and slightly bending the knees. Do not let your lower back arch.



## Plank Leg Lifts

Primary muscle group(s):

**Abs**

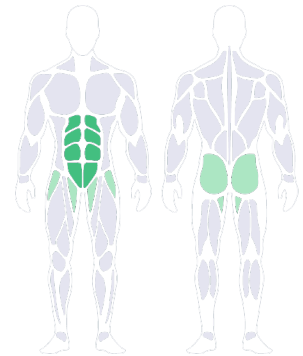
Secondary:

**Glutes & Hip Flexors**

Lie on a mat and position yourself in a plank position. Place your elbows on the floor beneath your shoulders. Your toes should touch the floor and your torso should be lifted in a straight line.

Engage your core muscles and lift one foot off the floor. Keep the rest of your body as still as you can. Your heel should lift until it is in line with your buttocks.

Slowly lower the leg to the starting position and repeat with the other leg.



## Dumbbell Chops

Primary muscle group(s):

**Hamstrings, Obliques, Quadriceps**

Secondary:

**Calves, Hamstrings**

Secure a firm grip with both hands on an appropriately weighted dumbbell. Place your feet shoulder-width apart. Begin by moving the dumbbell up and over towards your right side.

Twist your body to bring the dumbbell down and to the left. Bend at the knees and drop your hips slightly. Make the motion of placing the dumbbell on the ground.

Repeat the movement, taking the dumbbell back up and overhead. Keep your arms straight throughout.

