



## Regeneration: Core

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It is important to note that the *Regeneration Core Routine* involves exercises that **ENHANCE posture** and transfer well over to strength exercises. Please master these exercises first.

### *Muscles Involved-*

- Abdominals
- Upper Quads
- Hamstrings
- \* Glutes
- \* Spinal Erectors (spine)
- \* Obliques

### *Prone Exercise Progression:*

1. Prone Plank (kneeling or elevated)- :15-1:00
2. Prone Plank (toes-elbows)
3. Prone Plank (toes-hands)
4. Prone Plank (single arm/leg raise)
5. Prone Plank (opposite arm/leg hold)

### *Supine Exercise Progression:*

1. Double Leg Hip Up
2. Glute Hold
3. Single Leg Hip Up (progress to holds)

### *Anti-Lateral Flexion:*

1. Side Plank (kneeling)
2. Side Plank (toes-elbow)
3. Side Plank (toes-hand)
4. Side Plank (leg raise hold)
5. Side Plank w/ Twist

### *Turkish Get-ups:*

1. Half Get-Ups
2. Half Get-up to kneeling
3. Full Get-Ups (if there is trouble getting off the floor, work on leg and glute strength)