

# FGT CORE WORKOUT

<b>WORKOUT GOAL</b>	Build a strong core to enable better functional lifts.					
<b>WORKOUT DESCRIPTION</b>	In Core we are looking at members continuing the exercise for the time period stated. The member will complete each superset twice, so that both sides of the core can be trained.					
<b>SAFETY BRIEF</b>	Always control the movement with your abdominal muscles braced and a neutral spinal position.					
<b>EQUIPMENT</b>	Kettlebell, Sandbell, ViPR					
<b>DURATION</b>	30 mins					
<b>MOBILISERS</b>	3D squats		Baby cobra		Downward facing dog	
<b>THE WORKOUT</b>	Session design			Methodology		
	Complete all exercises in the list. Aim to complete a full set continuously, however, take a break at the end of each set before starting the next.			Each superset will give opportunity to work both left and right sides. Each piece of functional equipment has been selected to work the core in different ways for maximum results.		
	Set	Exercise	Reps	Sets	Equipment	Direction
	1	Windmill	15 reps	1	Kettlebell	Left arm
		Rainbow slam	Max in 45 secs		Sandbell	
		Windmill	15 reps		Kettlebell	Right arm
		Rainbow slam	Max in 45 secs		Sandbell	
	2	Overhead swing	15	1	Kettlebell	
		Side plank, front and back tap	Max in 45 secs		Sandbell	Left side
		Overhead swing	15		Kettlebell	
		Side plank, front and back tap	Max in 45 secs		Sandbell	Right side
	3	Shovel	20	1	ViPR	Left to right
V-sit halo with legs raised		Max in 45 secs	Sandbell			
Shovel		20	ViPR		Right to left	
V-sit halo with legs raised		Max in 45 secs	Sandbell			
4	Kneeling uppercut	15	1	ViPR	Left to right	
	Pull, flip, pull with other arm	Max in 45 secs		Sandbell	Move continuously from one side to the other	
	Kneeling uppercut	15		ViPR	Right to left	
	Pull, flip, pull with other arm	Max in 45 secs		Sandbell	Move continuously from one side to the other	
<b>COOL DOWN</b>	Use a light ViPR to help with mobility around your spine.					
<b>STRETCH</b>	Abs, Lower back, Hip flexors, Hamstrings, Glutes					
<b>SIGNPOSTING</b>	See the class timetable to complete the full FGT core class on your next visit.					