



FIT2PADDLE 5-DAY CORE CHALLENGE

DAY 1

STABILIZING EXERCISES

Before we attempt any rockstar moves, we need to (re)master the basics. These exercises may SEEM easy, but they're really really POWERFUL. Take your time to do them slowly, if you rush through them you'll be missing out on their true potential. If they SEEM too easy, SLOW DOWN.

WARM UP

Even though these are not loaded or high-energy exercises, you should still warm/loosen up. You can also add these exercises to the end of your planned workout for the day. But if you do this separately, here's one way to warm up:

1. March on the spot for 60 seconds. As you move through the minute, lift your knees higher and higher
2. Stand with your feet firmly planted on the floor hip width apart, and rotate your hips in big circles. Go in one direction for 30 seconds, then the other.
3. Now move to hip figure eights. Start with figure eights to the back. THEN try figure eights to the front (it'll likely feel awkward as heck!)
4. Get on your hands and knees, and go through a series of alternating cat and cow movements. For cat, tuck in your pelvis and chin, round your back, and look between your legs and feel the contraction. For cow, flatten your back, push out your butt and chin, and feel the stretch. Play with your breath - first try to inhale on cat, exhale on cow. Then, try exhaling on cat and inhaling on cow. Do this five or six times, slowly, feeling every fiber in your body contract and relax as you move through it.

Do 3 sets of 10-12 reps each of:

- Pelvic Tilt
- Bird Dog
- Dead Bug

Stretch when you're done:

1. Lie on your back and hug your knees into your chest. As you exhale, hug them in tighter. Repeat for 5 breaths.
2. Hug one knee, and extend the other. As you exhale, hug and extend more deeply. Repeat for 5 breaths.



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3. Rollover to your hands and knees and repeat the cat / cow series for 5 or 6 cycles.
4. From cat / cow, sink your butt back onto your heels for child's pose. Try to scratch your fingers forward as if you were trying to claw your way to the other side of the room, all the while sitting back further onto your heels. Do this for 5 or 6 deep inhales and exhales.

PELVIC TILT

EQUIPMENT NEEDED: Hand towel

LEVEL I

- Lie on your back, knees bent, feet flat on the floor.
- Place the towel under your lower back (just above your butt), leaving enough free so you can grab it with your hand.
- Exhale and tilt your pelvis up, pressing your back to the floor. Grab the towel and give it a gentle tug. If it stays put, you know you're tilting correctly and your back is exerting enough pressure to keep the towel anchored. If the towel pulls out easily, try again.

LEVEL II

- Same as Level I, but this time with a single leg tuck:
 - Tilt your pelvis and bring one knee up toward your head, hold for a count of two, and return to the floor. (Keep your leg bent throughout.) Again, tug on the towel to make sure you're pressing your lower back into the floor and holding the towel in place.
 - Repeat on the other side.

LEVEL III

- Same as Level II - but with a double leg tuck

LEVEL IV

- Start with your feet straight up in the air, perpendicular to the floor.
- Tilt your pelvis to anchor the towel, then lower one leg to the floor, tapping your heel to the floor.
- Tug gently on the towel to make sure it's anchored throughout.
- Return leg to starting position, and repeat with other leg.

LEVEL V

- Same as Level V, but with BOTH legs lowering and raising at the same time



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BIRD DOG

Equipment needed: none

LEVEL I

- Start on hands and knees. Your back should be neutral/flat, and your hands and knees shoulder-width apart. Lift and lower your hands and knees a few times to get into a position that feels natural for your body.
- Breathe in. As you exhale, extend your right arm forward and your left leg back. Keep your arm and leg parallel to the floor, and hold for a count of two.
- Alternate sides for each rep.

LEVEL II

- Extend right arm and right leg, hold for a count of two, then tuck the right elbow into your right knee underneath you before extending again – and holding again for a count of 2.
- Do all reps and then switch to the other side.

LEVEL III

- Same as Level I, but with a resistance band looped around one foot and held in the opposite hand. As you extend the arm and leg, the band will provide resistance. Do 5-6 repetitions on one side before switching to the other.

LEVEL IV

- This is a standing bird dog. Stand with feet hip-width apart, then slowly hinge forward as you reach your right arm forward and extend your left leg back.
- Go as slowly as you need to. Focus your vision on a spot in front of you to keep your balance.
- When your arm and leg are parallel to the floor, hold for a count of 2 and return. Repeat on the other side.

LEVEL V

- Set up as you would for Level I, but tuck your toes under your foot.
- Now, when you go to extend your right arm and left leg, push off on your right toes to get that right knee up off the ground and straight. Hold for a count of two, and return to starting. Repeat on the other side.
- Keep alternating sides until you have completed all reps.



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DEAD BUG

Equipment needed: none

LEVEL I

- Lie on your back on the floor, arms at your sides.
- Bend your knees and raise your legs so that they are at 90-degrees (i.e. shins should be parallel to the floor, thighs should be perpendicular to the floor).
- Lower your right leg and tap your heel gently on the floor, then return to starting.
- Repeat on the other side. Alternate sides until you have completed all reps.

LEVEL II

- Same position as Level I, but this time also raise your arms so that they are pointing straight up to the ceiling. Keep them straight.
- Now, lower your right leg to the floor as you simultaneously lower your left arm to the floor.
- Tap your heel and hand to the floor at the same time, then return to starting.
- Repeat on the other side. Alternate sides until you have completed all reps.

LEVEL III

- Same as Level II, but with legs straight instead of bent.

LEVEL IV

- Same as Level II, but with a stability ball held between your knees and hands. Press your knees and hands into the ball to keep it stable.
- Make sure your knees stay at 90 degrees on the return.

LEVEL V

- Same as Level IV, but this time with straight legs, as in Level III.