



FIT2PADDLE 5-DAY CORE CHALLENGE

DAY 3

BEFORE YOU BEGIN

In DAY 1 you did three basic STABILITY exercises. In DAY 2 you explored BRACING and HOLLOWING exercises. In DAY 3, we're going to look at **ISOMETRIC** and **DYNAMIC** exercises. As before, make sure you are warmed up (either by doing the warmup sequence from DAY 1 or from a workout). I also recommend FOAM ROLLING your hamstrings before and after this workout, to make sure they are fully warmed up and to avoid cramping. Take your time to do each exercise slowly with control. If an exercise SEEMS too easy, just SLOW IT DOWN.

ISOMETRIC vs DYNAMIC EXERCISES

Simply put, ISOMETRIC exercises are those that isolate a muscle or muscle group and are held under tension. DYNAMIC exercises incorporate multiple muscles or muscle groups in a full range of motion / involve joint movement.

For example a basic plank is isometric, but a walking plank, a rollout, or a mountain climber is dynamic.

So the DAY 3 workout includes both isometric and dynamic exercises. There is just one level today - this is challenging enough!

Do 3 sets (in succession), 30" on, 30" off each of:

(D = dynamic.. I = isometric)

- Air squats (D)
- Wall sit (I)
- Bear crawl (D)
- Bull dog (I)
- Marching glute bridge (D)
- Glute bridge hold (I)

If you experience ANY pain, stop that exercise immediately.

Stretch / foam roll when you're done.



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AIR SQUATS (D)

- Stand with feet slightly wider than hip width apart.
- Rock back and forth a few times (heels to toes) to set your natural foot position.
- Brace your core, anchor your heels, and aim your butt at an imaginary chair behind you. Go as low as you can go, without pitching forward. (You can also use a real chair if it helps and just tap your butt on the edge.)
- Drive through your heels to return to standing.
- Drive your heels firmly into the ground throughout (i.e. don't let the heels come up). If you find yourself pitching forward and your heels coming up, try a) reaching your butt further back; b) lifting/curling up your toes slightly, to keep those heels down.

WALL SIT (I)

- Find a wall, and stand with your back flat against it.
- Move your feet out about 1.5 - 2 feet in front of you, and anchor them firmly.
- Brace your core, and slide down the wall, keeping your back flat.
- Slide down until your knees are bent to 90° (if you can't get to 90° just go as far as you can). If your knees go past / over your ankles, you need to step out a little further. Keep your core braced.
- Resist the urge to rest your hands on your thighs. Keep them at your sides.
- To come back up, use your hands against the wall for support and slowly slide back up/out of the sit.

BULL DOG (I) / BEAR CRAWL (D)

- Get on all fours, hands and knees shoulder-width apart.
- Curl your toes under, brace your core, and lift your knees an inch off the ground.
- Hold this position for the time indicated, keeping your knees just hovering above the ground.
- To make this a BEAR CRAWL, keeping your knees low to the ground, crawl forward a few "steps" then back (and make sure you growl like a bear!)



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GLUTE BRIDGE HOLD (I)/ MARCHING GLUTE BRIDGE (D)

- Lie on your back, knees bent, feet flat, arms at your sides, palms down.
- Hollow your core, and on an exhale lift your hips as high as you can.
- Hold this position for the time indicated (if you need to break it up, that's fine, lower slowly, take a breath, exhale and lift up again)
- To make this a MARCHING BRIDGE, once you are in the hips up position, lift one leg up (without changing the bend in your leg) until your shin is parallel to the floor, then lower it back down. Repeat with the other leg. Keep alternating until time is up.