



FIT2PADDLE 5-DAY CORE CHALLENGE

DAY 4

In DAY 1 you did three basic STABILITY exercises. In DAY 2 you explored BRACING and HOLLOWING. In DAY 3, you tried ISOMETRIC and DYNAMIC exercises, and in DAY 4 we're going to add **INSTABILITY**.

When you do instability work, you're activating not only the muscles that are the focus of any particular exercise, but also the stabilizer muscles in your core and joints involved. This helps develop better balance, coordination, and joint stability. And that helps you do all the stuff you do on a daily basis, plus allows you to progressively lift heavier and level up your workouts. Doing instability work can also improve your mind-muscle connection and focus.

BEFORE YOU BEGIN

As before, make sure you are warmed up (either by doing the warmup sequence from DAY 1 or from a workout).

CREATING INSTABILITY

The easiest way to create instability is to simply remove an anchor point or two. Remember the Bird Dog from DAY 1? That's a perfect example - removing two anchor points from an all fours position (one leg and one arm) activates your core in a completely different way than the supine Dead Bug. You can also add an instability *device*, like a BOSU ball, a wobble board, a stability/exercise ball, or a suspension trainer. By challenging your balance, these devices force your body to work harder to reclaim balance.

Do 2 sets, 45" on, 15" off each of:

- High knees
- Fire hydrants (switch sides halfway)
- Alternating front kicks
- Uneven or BOSU pushups
- Alternating headsmashers
- Plank taps
- Standing side crunch (switch sides halfway)

Rest 2' between sets.

Stretch / foam roll when you're done.



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HIGH KNEES

- Run on the spot lifting your knees as high as you can. If this stresses your back or joints, just run on the spot.

FIRE HYDRANTS

- Get on all fours, hands and knees shoulder-width apart, hands under shoulders.
- Without changing the bend/angle of your leg, lift and lower your leg to the side – as if you were a dog peeing on a fire hydrant.

ALTERNATING FRONT KICKS

- From a standing position, first kick one leg to the front then the other. Imagine there is an assailant in front of you. Kick them in the head, with gusto, as if your life depended on it. Bend your knee as you lift your leg (i.e. this is not a straight-leg lift), snap it out to kick and push your imaginary assailant away, snap it back to return, and repeat on the other side.

UNEVEN / BALANCE BOARD PUSHUPS

Equipment needed: Yoga block, medicine ball, books, or BOSU

If you've never done this type of pushup before, I recommend you try it on your knees first.

Take your time. There is no shame doing one, catching a breath, then doing another.

Remember, we're going for mastery, not points (or injury).

- Put the block, ball, or small stack of books on the floor. If this is your first time, even 1 book will work!
- Assume the pushup position and place one hand on top of your block/ball/books. Do your pushups for ½ the time indicated, then switch hands.
- If you use a medicine ball, you can roll it from one hand to the other and alternate that way too.
- If you use the BOSU, put it flat side UP, grasp the edges with both hands, and do your pushups trying to keep it from wobbling too much.



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ALTERNATING HEADSMASHERS

Their proper name is “high knee pull-downs,” but “headsmashers” is less of a mouthful! Do this one with speed and energy to get your heart rate up :)

- From a standing position, imagine the assailant is back. And they’re giant this time. You’re going to reach up high and grab their head, and as you bring it down, contract your abs, crunch down and simultaneously drive your knee UP in one smooth motion. (Hence, my name for this exercise, “headsmasher”.)
- Return your leg down as you extend your arms back up (to reach for the imaginary head again), and repeat with the other leg.

PLANK TAPS

- Get into a standard plank position.
- Alternate tapping your left shoulder with your right arm, then your right shoulder with your left arm. Go slow on this!

STANDING SIDE CRUNCH

- Stand in a comfortable position, your fingers interlaced behind your head.
- Shift your weight to your left leg, contract your core and crunch to the right – bring your right elbow down to meet your right knee – which you’re lifting up. Repeat for 22” then switch to the other side.