# RESTART

LIVE WELL

## CORE CHALLENGE PLANNER

### 3 REASONS WHY CORE TRAINING IS SO IMPORTANT:

**1** PROTECTS YOUR LOWER BACK

**2** IMPROVES YOUR POSTURE

**3** TONES YOUR TUMMY

## WEEK ONE

**Regular Plank:**
1 minute with break as required.

**Side Plank:**
1 minute each side with break as required.

**Mountain Climbers:**
30 seconds with a 30 second break. Repeat 3 times.

**TIP:** Take your time finding a rhythm and speed up once you are comfortable!

**Supermans:**
45 seconds followed by a 15 second break. Repeat 3 times.

**TIP:** Pause for 2-3 seconds each side and focus on controlled movements.

### TOP TIPS

1. Use fresh lemon, lime or mint leaves to flavour your water.

2. Leave bottles at the office and at the front door as a reminder to get your two litres per day.

3. Smoothies and Juices are a great way of getting more greens. Fill half a plate of salad or veggies once per day.

4. Allow yourself to have your favourite treat foods at the end of the week if you've had your 2 handfuls of greens and 2 litres of water per day.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Reward |
|---|---|---|---|---|---|---|---|---|
| Week One | ☆ | ☆ | ☆ | ☆ | ☆ | ☆ | ☆ | |

## SEE WORKOUT VIDEOS AT CENTRA.IE/RESTART

*You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury.

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## WEEK TWO

**Regular Plank:**
1 minute with break as required.

**Side Plank:**
1 minute each side with break as required.

**Ankle Taps:**
45 seconds followed by 15 second break. Repeat 3 times.

**TIP:** Try to keep your hips square to the floor and pause for 1 second on each tap. If tapping the ankle is difficult start by tapping your knee.

**Plank Walk Outs:**
45 seconds followed by 15 second break and repeat 3 times.

**TIP:** Start with hands directly under shoulders, walk hands out and then back to start position. Keep hips square to floor.

### TOP TIPS

1. Use fresh lemon, lime or mint leaves to flavour your water.

2. Leave bottles at the office and at the front door as a reminder to get your two litres per day.

3. Smoothies and Juices are a great way of getting more greens. Fill half a plate of salad or veggies once per day.

4. Allow yourself to have your favourite treat foods at the end of the week if you've had your 2 handfuls of greens and 2 litres of water per day.

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|---|---|---|---|---|---|---|---|---|
| Week Two | ☆ | ☆ | ☆ | ☆ | ☆ | ☆ | ☆ | |

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## WEEK THREE

**Regular Plank:**
1 minute with break as required.

**Side Plank:**
1 minute each side with break as required.

**Invisible Chair:**
45 seconds followed by 15 second break. Repeat 3 times. Lift opposite arm and leg, pause for 2-3 seconds and repeat off the opposite side.

**TIP:** Keep your bum close to the chair but not touching.

**Walk Outs:**
45 seconds with a 15 second break - repeat 3 times.

**TIP:** Start standing and walk the hands out until you are in push up position. Perform a push up and come back to the start position.

### TOP TIPS

1. Use fresh lemon, lime or mint leaves to flavour your water.

2. Leave bottles at the office and at the front door as a reminder to get your two litres per day.

3. Smoothies and Juices are a great way of getting more greens. Fill half a plate of salad or veggies once per day.

4. Allow yourself to have your favourite treat foods at the end of the week if you've had your 2 handfuls of greens and 2 litres of water per day.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Reward |
|---|---|---|---|---|---|---|---|---|
| Week Three | ☆ | ☆ | ☆ | ☆ | ☆ | ☆ | ☆ | |

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