Postural:

Front plank on hands: Shoulders over the wrists, feet together and head in straight alignment with the spine (pushup position), engage your core muscles to keep from having any sagging in your lower back or hips. Your entire body from foot to head should be in a straight line.

Side plank on hands: Right shoulder over the wrists, right hand on the ground, feet stacked on each other with left hand raised toward the ceiling keeping in line with your right arm. Hold this position for the given time then switch hands and face opposite direction.

Side plank with external rotation: Right shoulder over the elbow, feet stacked on each other with left arm at your side with your elbow at 90°, rotate your arm at the shoulder moving the weight from at your stomach to up towards the ceiling. Prop yourself up so your hips are off the ground, hold this position for given time then switch arms and face opposite direction. Make sure you don’t have any upper body rotation.

Front plank on elbows: Shoulders over the elbows, feet together and head in straight alignment with the spine, engage your core muscles to keep from having any sagging in your lower back or hips. Your entire body from foot to head should be in a straight line.

Side plank on elbows: Right shoulder over the elbow, feet stacked on each other with left arm at your side. Prop yourself up so your hips are off the ground, hold this position for given time then switch arms and face opposite direction. Make sure you don’t have any upper body rotation.

Side plank elbow to ceiling: Right shoulder over the elbow, feet stacked on each other with left arm held up so your shoulder and elbow are at 90°. Prop yourself up so your hips are off the ground, hold this position for given time then switch arms and face opposite direction. Make sure you don’t have any upper body rotation.

Front plank w/leg raise: While in a front plank position, raise your right leg, hold for 3 seconds, then lower and lift left leg and hold 3 seconds. Repeat this until you have reached the given time.

Side plank w/leg raise: While in a side plank position, raise your right leg, hold for 5 seconds, then lower. Repeat this until you have reached the given time.

High to low plank (lead w/each arm): Start in a high plank position, slowly lower yourself to your left elbow, then right elbow, then raise yourself back up with your left hand leading until you are back in a high plank position. Repeat this until you have reached the given time.

Forward plank w/punch: Start in a high plank position, maintain your rigid posture while punching out in front of you with your right arm then return to starting position then punch with your left. Repeat until reached the given time. Make sure to limit the amount of body rotation with each punch.

Forward plank on Bosu: Same as forward plank, but your elbows are propped on a Bosu ball.

Side plank on Bosu: Same as side plank but your elbow is on a Bosu ball.
Walking rigidity:

Walking lunge w/MB overhead

DB bucket carry: With a dumbbell in one hand, you will walk 20yds while maintaining your upright posture, not allowing yourself to tip one direction or the other.

Physioball walkout: In a pushup position with your stomach on a physioball, start walking your way forward until the physioball is under your ankles. Walk yourself backwards to the starting position.

Farmer walk: With a dumbbell in each hand, you will walk 20yds while maintaining your upright posture both side to side and front to back. Make sure to engage your core muscles to maintain that position.

Partner wheelbarrow: While another person holds you by your ankles, start walking forward on your hands until you reach the given distance.

Metronome: Lie flat on your back with hips flexed to 90° so your legs are facing the ceiling. Slowly and controlled, lower your legs to the right then raise them back to the starting position, then rotate left. Repeat these motions for the give time.

Legs on physioball pushup: In the pushup position, instead of your feet being on the ground your lower legs should be on a physioball.

Forward walk with front carry: Hold a dumbbell out in front of you with both hands as you walk. Engage the core and maintain an upright position

Lunge w/MB rotation: Hold a medball out in front of you, as you complete the walking lunge, rotate the medball over the lead foot. Ex If your right leg is in front you rotate your upper body to the right.

Movement:

Woodchopper machine: Using the cross cable machine, set up the handle attachment so that it is above shoulder height. Stand perpendicular to the machine and grab the handle with the hand furthest from weight stack, put other hand on top of the other hand. Take 2 steps away from the weight stack. While tightening your core, powerfully pull the cable down across your body and slowly return back to starting position. Repeat

Pelvic thrust/bridge: Lie with your back flat on the floor with your knees bent and feet flat on the floor. Raise yourself up off of the ground using your legs. Engage your core and hold this position for ____ return to starting position and then repeat.

Bicycle: Lie face up on your mat and place your hands behind your head, lightly supporting it with your fingers. Bring the knees in to the chest and lift the shoulder blades off the floor without pulling on the neck. Rotate to the left, bringing the right elbow towards the left knee as you straighten the other leg.
Switch sides, bringing the left elbow towards the right knee. Continue alternating sides in a 'pedaling' motion

Forward woodchopper w/plate: Holding a plate with both hands straight out in front of you, lower yourself into a squat position lowering the weight as you go. Once you reach the low point of your squat start standing back up and raising the plate up over the top of your head. Repeat

Reverse machine woodchopper: Using the cross cable machine, set up the handle attachment so that it is below the knee. Stand perpendicular to the machine and grab the handle with the hand furthest from weight stack, put other hand on top of the other hand. Take 2 steps away from the weight stack. While tightening your core, powerfully pull the cable up across your body and slowly return back to starting position. Repeat

Supermans: Lie on your stomach and raise both your arms and legs off the ground at the same time, then return to starting position.

In/Outs: Hold yourself in a pushup position. Bring your knees straight in towards you then quickly straighten them back out to return to the starting position.

Bilateral 8” leg raise: Lie flat on your back with your hands at your side (or under your bottom). Lift both legs 8” off the ground and hold that position. As you raise and lower your legs, make sure that you engage your abdominal muscles so you don’t get an arch to your back, your back should remain in contact with the ground at all times.

Pushup w/lateral rotation: Perform a regular pushup, when you return to the starting position rotate onto one hand so you are facing the wall. Return to a pushup position, complete another pushup then upon reaching the top rotate to the left hand and face the opposite wall.

Pushup w/knee to elbow: As you lower yourself during the pushup, bring your right knee up towards the right elbow. One the next pushup you will bring your left knee to your left elbow.

Reverse crunch from bench: Lie on a bench with your legs hanging off the bench. Without arching your back bring your knees up towards your chest.

Alpines: Similar to the in/outs the only difference being that you will bring your knees diagonally up the right, return to a pushup position then bring them up diagonally to the left.

Reverse extensions: Lie on a bench stomach down, raise your legs with your knees straight so your body is horizontal, slowly lower your legs back down then repeat.