



GMVA 2015 Body Weight Core & Stability Program

Warm Up:

Complete GMVA Mobility Warm Up from weekly training first

Exercise: Repetitions:

Hands over head, forward lunge, tip over front leg	8 each side
Prone L's	5 each hand leading
On back, 90 degree hips and knees, alt leg press	30
Bridge with hands under shoulders, glute squeeze & lift pelvis	20
Prone position, alternate YTWL hand reach	4 times through
1 leg squat with lateral foot sweep, to high knee & handsup	8 each side
Deep & slow push up, chest to ground/bench	10

- Use incline for depth
- Need to keep elbows in during pushup

Take a 2 minute rest and repeat. Complete circuit 3 times

Warm Down:

Complete GMVA Mobility Warm Down from weekly training

Please note that there are videos on the GMVA website, www.gmva.com.au on the proper technique for the exercises. Go to the videos tab

