



## Costa Performance Core Level 1

Exercise	Reference	Reps
1. Front Plank		2x30s
2. Side Plank		2x20sE
3. Rear Pillar Bridge		2x20s
4. Cradle hold		2x30s
5. Bird Dog Opposites		2x10E - alternating
6. Deadbugs		2x20s hold Each side
7. Reverse Superman		2x20s