



WORKSHEET • X2 CORE

DATE / WEEK					
Warm-Up					
01 Sphinx Plank Crunch	R _____.	R _____.	R _____.	R _____.	R _____.
02 Warrior 3 Cross Crunch	RT _____. LT _____.	RT _____. LT _____.	RT _____. LT _____.	RT _____. LT _____.	RT _____. LT _____.
03 Single Leg Walk Out to Sphinx	RT _____. LT _____.	RT _____. LT _____.	RT _____. LT _____.	RT _____. LT _____.	RT _____. LT _____.
04 Half Angel	RT _____. LT _____.	RT _____. LT _____.	RT _____. LT _____.	RT _____. LT _____.	RT _____. LT _____.
05 Roller Boat	R _____.	R _____.	R _____.	R _____.	R _____.
06 3 Speed Med Ball Push-Up	R _____.	R _____.	R _____.	R _____.	R _____.
07 One Leg Lateral Leap Squat	R _____.	R _____.	R _____.	R _____.	R _____.
08 Core Circle	RT _____ Sec LT _____ Sec	RT _____ Sec LT _____ Sec	RT _____ Sec LT _____ Sec	RT _____ Sec LT _____ Sec	RT _____ Sec LT _____ Sec
09 Holmsen Screamer Lunge	RT _____. LT _____.	RT _____. LT _____.	RT _____. LT _____.	RT _____. LT _____.	RT _____. LT _____.
10 Med Ball Dreya Roll	R ___ W__.	R ___ W__.	R ___ W__.	R ___ W__.	R ___ W__.
11 Plank Burpee on Stability Ball	RT _____. LT _____.	RT _____. LT _____.	RT _____. LT _____.	RT _____. LT _____.	RT _____. LT _____.
12 Banana Ball Switch Crunch	R _____.	R _____.	R _____.	R _____.	R _____.
13 3-Point Squat Press with Med Ball	R _____.	R _____.	R _____.	R _____.	R _____.
14 Slo-Mo Balance Climber (Alternating Legs)	R _____.	R _____.	R _____.	R _____.	R _____.
15 X2 Diver	R _____.	R _____.	R _____.	R _____.	R _____.
16 Ryan Sphinx Twist Crunch	RT _____. LT _____.	RT _____. LT _____.	RT _____. LT _____.	RT _____. LT _____.	RT _____. LT _____.