

# JM XCTF CORE SHEET

## CORE CIRCUIT MONDAY (30 sec. intervals)

1. Knees to Elbow Plank
2. Plank
3. V- hold
4. Push Ups
5. Right Knee Obliques
6. Left Knee Obliques
7. Mountain Climbers
8. Scissors
9. Hyper-extension
10. Side Plank Right
11. Side Plank Left
12. Wide Push Ups
13. Basic Crunches
14. Cobra stretch
15. Extended Child's Pose

## CORE CIRCUIT TUESDAY (30 sec. intervals)

1. Toe Touches
2. Straight Leg Flutter Kick
3. Woodchop-center
4. Push-ups
5. Russian Twist
6. Plank
7. Spiderman plank
8. Full Sit Ups
9. Lowers and outs
10. Push-ups
11. Dips-right
12. Dips-left
13. Bicycle
14. Cobra stretch
15. Extended Child's Pose

## EXTRA CORE CIRCUIT (Plank Routine – 45 sec. intervals)

1. Front
2. Back
3. Left
4. Right
5. Front High Elbow to Knee
6. Front High Up Down
7. Left Dip
8. Right Dip

## CORE CIRCUIT WEDNESDAY (30 sec. intervals)

1. Side Crunch Left
2. Side Crunch Right
3. Plank- Opposite elbow to opposite knee (Switch)
4. Windmill Push Ups
5. Reverse Crunch
6. Superman- pulses
7. Dive Bomber Push Up
8. Penguins
9. Hollow Pose
10. Side to side Plank
11. Push Ups
12. Snow Angels
13. Plank with Shoulder Taps
14. Cobra Stretch
15. Extended Child's Pose

## CORE CIRCUIT THURSDAY

1. Windmill Push Ups – 10 total
2. High Back Bridge with leg lifts – 45 sec.
3. Front Plank Up Downs – 45 sec.
4. Side Plank- 45 sec. each side
5. Obliques – 30 sec. each side
6. Windshield Wipers – 45 sec.
7. Plank in and outs – 30 sec.
8. Deadbug – 30 sec.
9. Cobra Stretch
10. Extended Child's Pose

## CORE CIRCUIT FRIDAY

1. Pocket Pickers– 50 touches
2. V-ups- 45 sec.
3. Runner sit-ups- 30 secs.
4. Rope Climbers – 60 sec.
5. Leg lifts w/ reverse crunch 45 sec.
6. Push-up Hold – 30 sec.
7. Cobra Stretch
8. Extended Child's Pose

### Form Drills

30m down and back of:

Toe Walks  
Heel Walks  
High Knees Down, Butt Kicks Back  
Kick Backs  
Marching Down  
High Skips (drive w/ arms)  
Calf Stretch against tree or wall  
Standing Pigeon pose for IT band  
Standing knee to chest  
Clams x8 (use band if able)  
Lateral Leg Raises x 15 per leg  
(5 reps. w/ leg neutral, pointed down,  
and pointed up)  
Donkey kicks x 8 per leg  
Donkey Whips x 8 per leg  
Fire Hydrants x 8 per leg  
Knee Circles Forward and Backwards  
x 5 each  
Lateral Leg Swings x 8 each leg  
Linear Leg Swings x 8 each leg  
Linear Bent Leg Swings x 8 each leg

### Yoga Poses

Downward Dog	Triangle
Cobra	Dead Bug
Child's Pose	Low Lunge w/ Twist
Tree Pose	Forward Fold
Pigeon	Revolving Chair
Warrior 1, 2, and 3	Head-to-Knee
Back Extension	Frog
Camel	Happy Baby
Locust	Open Lizard
Chair	Butterfly
Goddess	Half Moon
Dolphin	Gecko
Side Angle	Reclined Spinal Twist

### Golden Milk & Paste

#### **Paste**

½ c. Turmeric  
1 c. Water  
1 ½ tsp Black Pepper  
5 tbsp. Coconut Oil

#### **Golden Milk**

1 tsp. Golden Paste  
2 c. Coconut Milk  
¼ tsp. vanilla  
Raw Honey to Taste  
Pinch of Cinnamon

#### **Instructions for Golden Milk**

Heat water, turmeric, and pepper until it forms a thick paste, stirring and cooking for about 7-10 minutes. Remove from heat and add coconut oil. Transfer the paste to a glass jar with a lid and store in fridge for up to 2 weeks. Heat, but not boil coconut milk and stir in paste. Add vanilla, honey and cinnamon to taste.

### Vitamins and Supplements

EmergenC: Good electrolyte  
Cal-Mags: Aids in Muscle Support (sore calves)  
Liquid Iron: Gets oxygen to the muscles!  
Omega 3 –Fatty Acids: Heart Health and Anti-Inflammatory  
Probiotics: Gut health  
Multi-vitamin (no iron added): General nutrition  
Iodine: Thyroid Function

### Body Circuit

**60 seconds each continuously**

Squats	Bowler's Lunge	Tuck Jumps
Pushups	High Plank Hold	Crunches
Lateral Lunges	Sumo Squat	Mountain Climbers
Russian Twist	Supermans	Speed Skaters
Burpees	Wall Sit	Calf Raises
Triceps Dips	Donkey Kicks	Plank Up Downs
Squat Jumps	Incline Pushups	Dolphin
Decline pushups	Lunge Jumps	One Legged Hop
Scorpions	Leg Raises	Crunches
Single Leg Back Bridge	Handwalks	Leg Swings
V-Ups	Windshield Wipers	Jumping Jacks