

1 WEEK CORE WORKOUT GUIDE



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<u>BASELINE STABILITY</u> EACH EXERCISE: 10 x 10-second holds 3-second rest Repeat 2x	<u>STABILITY BALL MOBILITY</u> EACH EXERCISE: 30 seconds work followed by 30 seconds rest Repeat 3x	<u>UNILATERAL CHALLENGE</u> EACH EXERCISE: 30 seconds work followed by 30 seconds rest Repeat 3x	<u>BASELINE STABILITY</u> EACH EXERCISE: 10 x 10-second holds 3-second rest Repeat 3x	<u>STABILITY BALL MOBILITY</u> EACH EXERCISE: 30 seconds work followed by 30 seconds rest Repeat 5x	<u>UNILATERAL CHALLENGE</u> EACH EXERCISE: 30 seconds work followed by 30 seconds rest Repeat 5x	REST AND RECOVERY 
McGill Curlup Side Plank Bird Dog	Stir the Pot Stability Ball Knee Tucks (jackknives) Stability Ball Opposite Arm/Leg Raises	Single-Arm Farmer Carry Bicycle Crunches Mountain Climbers Plank Walkdown	McGill Curlup Side Plank Bird Dog	Stir the Pot Stability Ball Knee Tucks (jackknives) Stability Ball Opposite Arm/Leg Raises	Single-Arm Farmer Carry Bicycle Crunches Mountain Climbers Plank Walkdown	

6 Guide Fitness Workout

DP Hallahan

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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originate in the red bone marrow released into the blood before they differentiate specialize some reach the thymus where they mature into t cells others the b cells mature in the red bone marrow both t cells and b cells reside in lymphatic tissues and organs lymph nodes spleen etc

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first part of it is barrier defense such as skin or shell also includes molecules such as phagocytic cells natural killer cells antimicrobial proteins that recognize traits shared by a broad class of pathogens

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