

## Core Training 2

### V-Sits

Exercise	Teaching Points	Reps / Time x Sets
V-Sit Hold	<ul style="list-style-type: none"> <li>• Sit on the floor with your back straight and knees together with bent legs</li> <li>• Keep a straight back tip back and lift your feet off the floor</li> <li>• Engage your abdominals to keep your balance</li> </ul>	A) 20 seconds x 3 w/ 30 seconds rest  B) 30 seconds x 3 w/ 30 seconds rest  C) 40 seconds x 3 w/ 30 seconds
V-Sit Double Leg Extension	<ul style="list-style-type: none"> <li>• Sit on the floor with your back straight and knees together with bent legs</li> <li>• Keep a straight back tip back and lift your feet off the floor</li> <li>• Engage your abdominals to keep your balance</li> <li>• Put your hands either across your chest or on the floor to help you keep balance</li> <li>• Extend your legs out in front of you and lean back</li> <li>• Bring your knees back into you chest and sit back up</li> </ul>	A) 10 reps x 3 w/ 30 seconds rest  B) 12 reps x 3 w/ 30 seconds rest  C) 15 reps x 3 w/ 30 seconds rest
V-Sit Single Leg Extension	<ul style="list-style-type: none"> <li>• Sit on the floor with your back straight and knees together with bent legs</li> <li>• Keep a straight back tip back and lift your feet off the floor</li> <li>• Engage your abdominals to keep your balance</li> <li>• Put your hands either across your chest or on the floor to help you keep balance</li> <li>• Extend one leg out in front of you, then bring it back in</li> <li>• Repeat with the other leg</li> </ul>	A) 5 reps per leg x 3 w/ 30 seconds rest  B) 8 reps per leg x 3 w/ 30 seconds rest  C) 10 reps per leg x 3 w/ 430 seconds rest

V-Sit Extend & Twist	<ul style="list-style-type: none"> <li>• Sit on the floor with your back straight and knees together with bent legs</li> <li>• Keep a straight back tip back and lift your feet off the floor</li> <li>• Engage your abdominals to keep your balance</li> <li>• Put your hands either across your chest or on the floor to help you keep balance</li> <li>• Extend one leg out in front of your body and twist your torso towards your bent leg</li> <li>• Bring your straight leg back in and return to facing forward</li> <li>• Repeat on the other side</li> </ul>	<p>A) 10 reps total x 3 w/ 30 seconds rest</p> <p>B) 16 reps total x 3 w/ 30 seconds rest</p> <p>C) 20 reps total x 3 w/ 30 seconds rest</p>
V-Sit Press	<ul style="list-style-type: none"> <li>• Sit on the floor, shoulders back with your back flat and abs braced</li> <li>• Keep your legs together and draw your knees into your chest with your feet close to your bottom</li> <li>• Pick your feet up off the floor and lean back, using your core to help you keep your balance</li> <li>• Hold the kettlebell in both hands and press it from your chest to straight up over your head</li> <li>• Return the KB back down to your chest</li> <li>• Keep your balance and your back straight at all times</li> </ul>	<p>A) 10 reps x 3 w/ 30 seconds rest</p> <p>B) 15 reps x 3 w/ 30 seconds rest</p> <p>C) 20 reps x 3 w/ 30 seconds rest</p>
V-Sit Row	<ul style="list-style-type: none"> <li>• Sit on the floor with your back straight and knees together with bent legs</li> <li>• Keep a straight back tip back and lift your feet off the floor</li> <li>• Engage your abdominals to keep your balance</li> <li>• Keep your hips facing forward and slowly twist your upper body from side to side</li> </ul>	<p>A) 10 reps total x 3 w/ 30 seconds rest</p> <p>B) 16 reps total x 3 w/ 30 seconds rest</p> <p>C) 20 reps total x 3 w/ 30 seconds rest</p>