

**CORE,  
FULL BODY,  
& INJURY PREVENTION**

**BUILT**  
*by Borda*

# Welcome

THIS PROGRAM PROVIDES OPTIONS FOR CORE WORK, FULL-BODY CONDITIONING, & INJURY PREVENTION. THE GOAL WOULD BE TO GET ONE WORKOUT DONE FROM EITHER FULL BODY OR CORE DAILY, THEN ADD THE INJURY PREVENTION AS OFTEN AS YOU'D LIKE!

ALSO, BE SURE TO TAKE BREAKS FOR EXERCISING YOUR MIND AND RELAXING! GO FOR A WALK, DO A PUZZLE, WATCH A MOVIE... DON'T FORGET TO MAKE TIME FOR ALL THE THINGS YOU ENJOY!

WORK HARD & STAY HEALTHY!

Jenny

@BuiltByBorda

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# Core Work

10 down to 1  
Lemon Squeezers  
Single-leg V-ups

30s  
30 straight-leg crunches  
30 leg lowers  
30 arch ups (upper body)  
30 arch ups (lower body)  
30 V-ups  
30 arch rocks  
30 hollow rocks

3 rounds:  
10 uppers/lowers/all-togethers

5 sets:  
10 push up plank walk out  
10 donkey kick to fire hydrant (each leg)

Booty Burner:  
30 side leg raises  
30 knee-tap kick backs  
30 glute press  
30 belly clams

3 sets: (slow and steady)  
10 slow roll down/up  
10 hands and knees opposite arm and leg  
30 second side plank

# Full Body

10 rounds:  
10 sit-ups  
10 squat

EMOM 12:  
1.) 45 sec handstand  
2.) 20 arch rocks  
3.) 15 lunge changes/leg

100 Burpees for time

3 rounds:  
30 V-ups  
30 arch ups  
1 min wall sit

AMRAP 20:  
30 handstand shoulder taps  
20 mountain climbers  
10 push ups

5 rounds:  
10 pike handstand push-ups  
20 bicycles (each leg)  
30 calf raises

100 jumping squats  
\*EMOM 10 handstand shoulder taps/arm

3 rounds:  
10 planche-to-pike  
10 Single leg squats (lower than knee height)

20-15-10  
Single-leg deadlifts (each leg)  
Hollow rocks

# Injury Prevention

10x Toe taps

30x Bridges

10x Wall slides

30x Seated leg raise with foot turned out (hold 3 sec.)

10x Isometric ER at door (hold 6 sec.)

30x Arch lifts

20 Heel raises (up on 2, pause on 1, slow lower- on each leg)

Back leg bent lunge stretch- hips rolled under- 1 min hold