



# IAAPH

International Association for Athletic Performance & Health

The core training workout for beginners consists of 5 strength for performance training exercises that can be used during the Skill Acquisition.

The goal is for the athlete to learn proper exercise execution, enhance core strength, improve energy transfer and develop glycolytic energy pathways.



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|                          |                   |
|--------------------------|-------------------|
| Training Phase:          | Skill Acquisition |
| Training Phase Duration: | 2 weeks           |
| Training Frequency:      | 3x/week           |

|   | Exercise                        | Sets | Reps | Rest (sec)             | Duration |
|---|---------------------------------|------|------|------------------------|----------|
| 1 | Lateral Lunge with Bar Rotation | 3    | 12   | 90                     | 6m 18s   |
| 2 | Reverse Lunge to Forward Press  | 3    | 12   | 90                     | 6m 18s   |
| 3 | Hip Lifts                       | 3    | 16   | 90                     | 6m 54s   |
| 4 | Russian Twist                   | 3    | 16   | 90                     | 6m 54s   |
| 5 | Toe Touches                     | 3    | 16   | 90                     | 6m 54s   |
| 6 |                                 |      |      |                        |          |
| 7 |                                 |      |      | <b>Total Duration:</b> | 33m 18s  |

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