



**BRUIN
P.A.W.S.**

CORE AND MORE! IN 30 DAYS (Level ALL)

A strong core improves posture and can decrease back pain, prevent injury, and improve quality of movement. Become an #ActiveBruin! Work out while you work.

Click on activity name to view a video example

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Plank 20 - 30 secs Side Lying T-Spine Rotation 30 - 40 secs ea.	Side Plank 20 - 30 secs ea. Standing Overhead Reach Hold 30 - 40 secs ea.	Elbow Plank 20 - 30 secs Figure 4 30 - 40 secs ea.	Side Plank 20 - 30 secs ea. Standing Overhead Reach Hold 30 - 40 secs ea.	Down Dog to Plank 20 - 30 secs Standing Lower Back/ Hamstring Stretch 30 - 40 secs
WEEK 2	Hollow Hold 20 - 30 secs Cat-Cow 30 - 40 secs	Side Lying V-Up Hold 20 - 30 secs ea. Supine T Hip Drops 30 - 40 secs	SL Downward Dog to Plank 20 - 30 secs ea. Child's Pose 30 - 40 secs	Side Lying V-Up Hold 20 - 30 secs ea. Quadruped Rockback 30 - 40 secs	Deadbug 20 - 30 secs Standing T Spine Rotation 30 - 40 secs ea.
WEEK 3	Shoulder Taps 25 - 35 secs Butterfly Stretch 35 - 45 secs	Side Lying V-Up 25 - 35 secs ea. Supine Knees Side to Side 35 - 45 secs	V-Up 25 - 35 secs Standing Lower Back/ Hamstring Stretch 35 - 45 secs	Side Lying V-Up 25 - 35 secs ea. Quadruped T-Spine Rotation 35 - 45 secs ea.	Plank Saw 25 - 35 secs Single Leg Knee Hug 35 - 45 secs ea.
WEEK 4	3 Point Plank 25 - 35 secs ea. Supine 2 Knee Hug 25 - 35 secs	Side Plank with Pulse 25 - 35 secs ea. Pigeon Stretch 25 - 35 secs ea.	Mt. Climber 25 - 35 secs Seated Hamstring Stretch 25 - 35 secs	Side Plank with Pulse 25 - 35 secs ea. Fire Hydrant 25 - 35 secs ea.	Flutter Kicks 25 - 35 secs Down Dog 25 - 35 secs

Repetitions per set: Perform as many reps as you can with good form “up to” the target number for that day.

Sets per day: Perform 4-8 sets of the repetitions assigned for that day. Space out the sets over your day. (Example: 10am, 12pm, 2pm, and 4pm, etc.) Beginners should start with fewer sets.

Missing your Cardio? Feel free to add 30-60 seconds of cardio activity to any of your movement breaks.

Low Impact Cardio examples: Walk, March In Place, Butt Kickers, Step Side to Side, Low Impact Jack

High Impact Cardio examples: High Knees, Butt Kickers, Hop side to side, Jumping Jack, Run in place, Football Feet, Jump rope

The remaining 10 days of the month are “Free Days”. Go for a walk, mix and match your favorite exercises, or take a REST day.

Safety Reminder: Exercise should not be painful. If you feel sharp pain in a joint or muscle, stop. Perform a pain free alternative.

Tired muscles while doing exercise or right after exercise are typically normal.

What's next? Move on to another monthly Bruin PAWS calendar and KEEP MOVING! recreation.ucla.edu/paws