

The 8-Move Core Routine for Polers

No pole required. A floor and a bit of space is all you need. Run through all eight as one circuit, 2–3 times a week, with a rest day between sessions. Stop a rep or two before your form breaks down.

1

Dead Bug

ANTI-EXTENSION

On your back, arms up, knees bent at 90°. Press your lower back into the floor and lower one arm overhead and the opposite leg straight, hovering above the ground. Return and switch.

3 × 10 per side

2

Reverse Crunch

LOWER ABS

On your back, knees pulled to chest, hands flat by your sides. Curl your hips up off the floor toward your ribcage, then lower with control.

3 × 12 reps

3

Bicycle Crunch

OBLIQUES

Head, neck and shoulders lifted, knees at tabletop. Pull one knee to chest, extend the other away, rotating opposite elbow toward the bent knee. Pedal smoothly side to side.

3 × 20 (10 per side)

4

Russian Twist

ROTATION

Seated, leaning back to 45°, feet lifted (or heels down to start). Clasp hands and rotate to tap the floor beside each hip, keeping your spine long.

3 × 16 (8 per side)

5

Side Plank

LATERAL STABILITY

On your side, forearm under shoulder, feet stacked. Lift hips to a straight line from shoulders to ankles and hold, keeping hips square.

3 × 20–30 sec per side

6

Side Plank Hip Dip

OBLIQUES

From side plank, dip your bottom hip toward the floor under control and press back up to the straight-line position. Small, controlled movement.

3 × 10 per side

7

Bird Dog

ANTI-ROTATION

On all fours, extend one arm forward and the opposite leg back, keeping hips and shoulders square to the floor. Hold, return, switch sides.

3 × 8 per side

8

Forearm Plank

FULL CORE

Forearms down, body in one straight line from shoulders to heels. Brace glutes and abs and breathe steadily through the hold.

3 × 20–40 sec hold

4-week progress tracker				
Week	Session 1	Session 2	Session 3	Notes
1	☐	☐	☐	
2	☐	☐	☐	
3	☐	☐	☐	
4	☐	☐	☐	