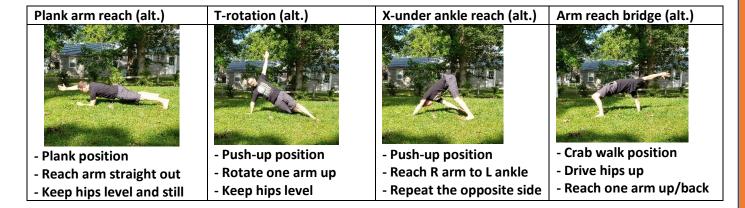
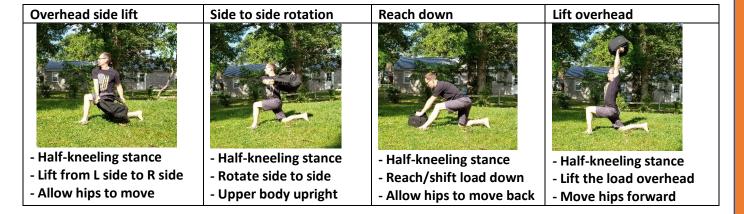
## **SAR Core – From the ground up**



- Perform the SAR Core sequence with minimal rest to achieve an intended training stimulation.
- Start with 6-10 reps each exercise and add 2 repetitions/exercise each session.
- Use a weight/load of a day pack (10-15lbs)
- Repeat the sequence 3-4 times/week until 12 total sessions are finished.
- Video demonstration: https://vimeo.com/569843748
- 1. Prone/supine core stability: Activating and strengthening the core muscles to stabilize and to resist motion



2. Kneeling core strength: Strengthening the core muscles with upper body integration (all three planes)



3. Standing and moving core strength: Integrating core strength into total body dynamic movement patterns

