









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

Plank arm reach (alt.)	T-rotation (alt.)	X-under ankle reach (alt.)	Arm reach bridge (alt.)
 <ul style="list-style-type: none"> - Plank position - Reach arm straight out - Keep hips level and still 	 <ul style="list-style-type: none"> - Push-up position - Rotate one arm up - Keep hips level 	 <ul style="list-style-type: none"> - Push-up position - Reach R arm to L ankle - Repeat the opposite side 	 <ul style="list-style-type: none"> - Crab walk position - Drive hips up - Reach one arm up/back

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

Overhead side lift	Side to side rotation	Reach down	Lift overhead
 <ul style="list-style-type: none"> - Half-kneeling stance - Lift from L side to R side - Allow hips to move 	 <ul style="list-style-type: none"> - Half-kneeling stance - Rotate side to side - Upper body upright 	 <ul style="list-style-type: none"> - Half-kneeling stance - Reach/shift load down - Allow hips to move back 	 <ul style="list-style-type: none"> - Half-kneeling stance - Lift the load overhead - Move hips forward

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

Lunge with overhead hold	Side step w/ rotation	Rotational down reach	From squat to overhead
 <ul style="list-style-type: none"> - Start standing up - Lunge forward - Hold the load overhead 	 <ul style="list-style-type: none"> - Start standing up - Lunge sideways - Rotate the load w/ lunge 	 <ul style="list-style-type: none"> - Start standing up - Lunge back w/ turn - Reach down to lunge 	 <ul style="list-style-type: none"> - Start standing up - Squat the load down - Lift the load overhead