

# Core Bridge Workouts: “Separate”

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**Directions:** See other handouts for specifics on progressions and modifications.

<b>Date:</b>	<b>Face Up</b>	<b>Face Down</b>	<b>Right Side</b>	<b>Left Side</b>
Seconds				
Sets				
<b>Date:</b>	<b>Face Up</b>	<b>Face Down</b>	<b>Right Side</b>	<b>Left Side</b>
Seconds				
Sets				
<b>Date:</b>	<b>Face Up</b>	<b>Face Down</b>	<b>Right Side</b>	<b>Left Side</b>
Seconds				
Sets				
<b>Date:</b>	<b>Face Up</b>	<b>Face Down</b>	<b>Right Side</b>	<b>Left Side</b>
Seconds				
Sets				
<b>Date:</b>	<b>Face Up</b>	<b>Face Down</b>	<b>Right Side</b>	<b>Left Side</b>
Seconds				
Sets				
<b>Date:</b>	<b>Face Up</b>	<b>Face Down</b>	<b>Right Side</b>	<b>Left Side</b>
Seconds				
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Seconds				
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<b>Date:</b>	<b>Face Up</b>	<b>Face Down</b>	<b>Right Side</b>	<b>Left Side</b>
Seconds				
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<b>Date:</b>	<b>Face Up</b>	<b>Face Down</b>	<b>Right Side</b>	<b>Left Side</b>
Seconds				
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Seconds				
Sets				