

CORE 1. :30 work :15 Rest [13 ½ minutes.]

If this is too difficult at first, start with 20 Work and 20 Rest.

Build up to 40 Work: 20 Rest, 18 minutes

1. Full Plank
2. Reverse Crunch
3. Flutter Kicks
4. Full Sit ups [elbow across chest]
5. Single Leg Toe Touches L. Leg [Thighs in same line]
6. Single Leg Toe Touches R. Leg [Thighs in same line]
7. ½ Plank [shoulders over elbows and forearms parallel]
8. Reverse Crunch
9. Flutter Kicks
10. Double Leg Toe Touches
11. Single Leg Sit ups L. Leg
12. Single Leg Sit ups R. Leg
13. Shredders
14. Reverse Crunch
15. Flutter Kicks
16. Single Leg Sit ups with a twist L. Leg
17. Single Leg Sit ups with a twist R. Leg
18. Full Sit ups [elbow across chest]