

CORE 1. [Wk2]

1:00 Min work :20-30 Rest [16-18 minutes.]

- 1. Full Plank**
- 2. Alt. V-Ups :30 Right arm to Left Leg / :30 Left arm to Right leg**
- 3. :30 W-Hold [Squeeze Shoulder blades together] / :30 Superman Pumps**
- 4. Butterflies**
- 5. :30 Toe touches / :30 Leg drops**
(legs straight!!) (to 6" and hold for the count of 3 then back up to 90)
- 6. ½ Plank [shoulders over elbows and forearms parallel]**
- 7. :30 Shredders / :30 Washing Machines**
- 8. :30 Y-Hold [Arms Straight!] / :30 Swimmers**
- 9. Crunches [Knees at 90°, eyes straight up]**
- 10. :30 Right Side Plank. / :30 R Side Knee Drives**
(on R Elbow, Hip up, legs Stacked and in Line!) (Modification do Flat on ground, R-Knee to R-Elbow)
- 11. :30 Left Side Plank. / :30 L Side Knee Drives**
(on L Elbow, Hip up, legs Stacked and in Line!) (Modification do Flat on ground, L-Knee to L-Elbow)
- 12. Full Sit ups [elbow across chest]**