

## **CORE 1.      Wk. 3**

- 100 - Flutter Kicks
- 90 - Mountain Climbers
- 80 - Shredders
- 70 - Russian Twists
- 60 - Crunches [Knees at 90°]
- 50 - Row Boats
- 40 - Bird Dogs [stretch out opposite arm and leg, then pull under and stretch out again & switch limbs]
- 30 - Full Sit ups [elbow across chest]
- 20 - Side Plank Knee Drives [10 Right Side / 10 Left Side]
- 10 - V-Ups

### **Rest 1:00**

- 10 - Plank up downs [drop to elbows, one at a time, then back up]
- 20 - Alt. V-Ups
- 30 - Reverse Crunch
- 40 - Single Leg Toe Touches [20 L. Leg / 20 R. Leg] [Thighs in same line]
- 50 - Shoulder Taps [nice and controlled, keep Hips square]
- 60 - Butterflies
- 70 - Swimmers
- 80 - 1/2 Plank Knee Taps
- 90 - Scissors
- 100 - Bicycles [Pause every 5, get legs out straight]