

CORE 1. [Wk 4]

1:30 Min Work [:45 Sec./45 Sec] **:30 Rest**

Smooth transition from one exercise to the next.

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| 1. | Full Plank | Swimmers [Alt. Limbs] |
| 2. | Butterflies | Dead Bugs |
| 3. | Flutter Kicks | Full Sit Ups |
| 4. | Alt. Leg Raises in ½ Plank | Y-Hold |
| 5. | Crunches
[Knees at 90°, eyes straight up] | Leg Drops/Raises
[drop to 6" and hold for the count of 3 then back up to 90°] |
| 6. | Row Boats
(Modification: Lean back on Elbows and just work legs) | Alt. V-Ups |
| 7. | Superman Pumps
[come up as high as possible and squeeze shoulder blades together] | ½ Plank |
| 8. | Russian Twists
[Use a weight or ball to tap side to side] | Penguins
[slide hand around foot as far as possible] |