

CORE 1. [Wk 5]

:40 work :20 Rest [16 minutes.]

If this is too difficult at first, start with 30 Work and 30 Rest.

- 1. Full Sit ups [elbow across chest]**
- 2. Reverse Crunch**
- 3. Flutter Kicks**
- 4. Penguins [Feet flat and reach around to your toes]**
- 5. ½ Plank Knee Taps [shoulders over elbows and forearms parallel]**
- 6. Toe Touches [Legs Straight! You don't have to touch your toes]**
- 7. ½ Plank Leg Raises [shoulders over elbows and forearms parallel]**
- 8. Swimmers [each Limb as high as possible]**
- 9. Bird Dogs [stretch out opposite arm and leg, then pull under and stretch out again & switch limbs]**
- 10. Straight Leg Bicycles [Modification, do without the twist, just keep shoulders up and hands on ears]**
- 11. Butterflies**
- 12. ½ Plank Right Side [on R Elbow, Hip up, legs Stacked and in Line!]**
- 13. ½ Plank Left Side [on L Elbow, Hip up, legs Stacked and in Line!]**
- 14. Reverse Plank [Keep Hips up]**
- 15. Crunches [Knees at 90°, eyes straight up]**
- 16. Full Sit ups with a Twist**