

CORE 1.

[Wk 6] [17:30-21]

1 Min Work [:30 Sec./30 Sec] :15-30 Rest

Smooth transition from one exercise to the next.

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| 1. Full Plank | Shoulder Taps |
| 2. C-Hold | Row Boats |
| | [Modification: Lean back on Elbows and just work legs] |
| 3. Flutter Kicks | Reverse Crunches |
| 4. Y-Hold | Swimmers [Alt. Limbs] |
| 5. Plank Wraps Right Arm | Plank Wraps Left Arm |
| | [Half plank on R. or L arm, rotate left or Right arm up to the T, then wrap under body & repeat. Have feet stacked.] |
| 6. ½ Plank Right Side | ½ Plank Right Side Knee Drives |
| | [Modification: Lay in side, and just do knee drives] |
| 7. ½ Plank Left Side | ½ Plank Left Side Knee Drives |
| | [Modification: Lay in side, and just do knee drives] |
| 8. Russian Twists | Butterflies |
| 9. Superman Hold [W] | Superman Pumps |
| 10. Alt. V-Ups R.Leg | Alt.V-Ups L Leg |
| 11. Full Sit ups [elbow across chest] | Full Sit ups with a Twist |
| 12. Single Leg Toe Touches R. Leg | Single Leg Toe Touches L. Leg |
| | [Thighs in same line] |
| 13. Penguins | Straight Leg Bicycles |
| | [Modification, do without the twist, just keep shoulders up and hands on ears] |
| 14. 1/2 Plank | Washing Machines |