

## **CORE 2.      Twice Thru'    [15 minutes]**

**:45 Sec. work :15 Rest the first time thru'**

[do 30 seconds work/30 rest if :45 is too difficult to begin with]

**:20 Sec. work :10 Rest the second time thru'**

1.      Flutter Kicks
2.      Bicycles [slow, getting the leg out straight and a good twist, pause every 5]
3.      Y-Hold
4.      1/2 Plank Knee Taps
5.      Crunches [eyes up, knees at 90°, arms straight and hands stacked.]
6.      Scissors (Small & Fast)
7.      Russian Twists
8.      Superman Pumps [controlled and as high as possible]
9.      Butterflies
10.    Leg Drops/Raises  
          [drop to 6" and hold for the count of 3 then back up to 90°]