

## CORE 2. [Wk2]

### Twice Thru' [8-9/16-18 minutes]

:30 Sec. Hold / 30 Sec Work :20-30 Rest [try for :20 if you can]

Smooth transition from one exercise to the next. **No extra rest before repeating**

#### **Hold**

#### **Work**

1. C-Hold

Row Boats

(Modification: Lean back on Elbows and just work legs)

2. ½ Plank

Washing Machines

(Rotate Hips but don't let them touch the ground)

3. 6 " Hold

Full Scissors

(Crossing Arms and feet)

4. Y-Hold

Swimmers [Alt. Limbs]

5. V-Hold

Alt. V-Ups

(Keep back & arms & Legs off the ground)

6. Full Plank

Up Downs

(Controlled, alt. arms which you go down on)