

CORE 2. [Wk3]

2 Min Work. [:40 Sec. of each exercise] 1 Min Rest

Smooth transition from one exercise to the next.

If you need to modify do **:30** of each with 10 rest

- 1.** :40 Full Sit ups [elbow across chest]
:40 Single Leg Sit ups with a twist L. Leg
:40 Single Leg Sit ups with a twist R. Leg
- 2.** :40 Full Plank
:40 Shredders
:40 Plank up downs [drop to elbows, one at a time, then back up]
- 3.** :40 Flutter Kicks
:40 Crunches
:40 Penguins
- 4.** :40 Y-Hold
:40 Swimmers
:40 Backburns
- 5.** :40 C-Hold
:40 Butterflies
:40 Russian Twists