

CORE 2. Wk. 4

5 Min Plank Workout :30 sec of each:

1/2 Plank

1/2 Plank alt. leg lifts

Full Plank

Full Plank Shoulder Taps

Side Plank Knee Drives Left side

Side Plank Knee Drives Right side

Shredders

Plank Wraps Right Arm [Half plank on R. arm, rotate left arm up to the T, then wrap under body & repeat. Have feet stacked.]

Plank Wraps Left Arm [Half plank on L. arm, rotate Right arm up to the T, then wrap under body & repeat. Have feet stacked.]

Full Plank Up Downs

Rest 1:00

100 - Flutter Kicks

90 - Swimmers [Alt. Limbs]

80 - Bicycles [Pause every 5, get legs out straight]

70 - Russian Twists

60 - Crunches [Knees at 90°]

50 - Superman Pumps [Squeeze shoulder blades together at the top]

40 - Row Boats [Modification: Lean back on Elbows and just work legs]

30 - Full Sit ups [elbow across chest]

20 - Alt. V-Up

10 - V-Ups