

## **CORE 2. [Wk 5] This is tough, a 500 Rep challenge!**

**100** reps. At each station. Do 15-20 reps if 25 too tough. Especially on Station 1

### **1 Min Rest** between Stations

Smooth transition from one exercise to the next.

- 1.** 25 Full Sit ups [elbow across chest]  
25 Single Leg Sit ups with a twist L. Leg  
25 Single Leg Sit ups with a twist R. Leg  
25 Full Sit ups with a twist
- 2.** 25 Shoulder Taps  
25 Shredders [forward and back is 1]  
25 Plank up downs [drop to elbows, one at a time, then back up]  
25 Washing Machines [Rotate R & L Hips =1]
- 3.** 25 Flutter Kicks [both legs=1]  
25 Crunches [Knees at 90°, eyes straight up]  
25 Penguins [both feet =1]  
25 Scissors [both legs=1]
- 4.** 25 Swimmers [Both arms & legs =1]  
25 Backburns [Forward & Back =1]  
25 Superman Pumps  
25 ½ Plank knee Taps [both knees = 1]
- 5.** 25 Row Boats  
25 Butterflies  
25 Russian Twists [Both sides =1, hold a Soccer ball or weight to tap]  
25 Reverse Crunch