

CORE 3.

Twice Thru' [18 minutes]

:45 Sec. work :15 Rest the first time thru' [12]

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

:20 Sec. work :10 Rest the second time thru' [6/18]

45 sec. hold

15 Rest

45 sec. work

15 Rest

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

(Slow & High)

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)