

CORE 3. [Wk3]

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

Twice Through

1 Min Work [:30 Sec./30 Sec] **:30 Rest**

Smooth transition from one exercise to the next.

No extra rest before repeating

1. C-Hold Row Boats
(Modification: Lean back on Elbows and just work legs)
2. Flutter Kicks Reverse Crunches
3. Y-Hold Swimmers [Alt. Limbs]
4. Russian Twists Butterflies