

## **CORE 3. [Wk 4] [13 ½ minutes.]**

:30 work :10 Rest for 5 Exercises :30 rest after the third.

- 1. Full Plank** Rest: 10
- 2. Reverse Crunch** Rest: 10
- 3. Flutter Kicks** Rest: 10
- 4. Single Leg Toe Touches L. Leg [Thighs in same line]** Rest: 10
- 5. Single Leg Toe Touches R. Leg [Thighs in same line]** Rest: 10
- 6. Double Leg Toe Touches.** Rest:40 / 4:30
- 7. ½ Plank [shoulders over elbows and forearms parallel]** Rest: 10
- 8. Crunches [Knees at 90°, eyes straight up]** Rest: 10
- 9. Scissors** Rest: 10
- 10. Single Leg Sit ups L. Leg** Rest: 10
- 11. Single Leg Sit ups R. Leg** Rest: 10
- 12. Full Sit ups [elbow across chest]** Rest:40 / 9
- 13. ½ Plank Right Side [on R Elbow, Hip up, legs Stacked and in Line!]** Rest: 10
- 14. ½ Plank Left Side [on L Elbow, Hip up, legs Stacked and in Line!].** Rest: 10
- 15. Reverse Plank [Keep Hips up].** Rest: 10
- 16. Y-Hold [Chest as high as possible].** Rest: 10
- 17. Swimmers [Keep limbs off the ground].** Rest: 10
- 18. Washing Machines [1/2 plank, don't let hips touch ground on rotation].**