

CORE 3.

[Wk 7]

:45 work :15 Rest [15 minutes.]

Modify time if needed: 30 Work and 30 Rest or :40 Work :20 Rest

- 1. Full Sit ups [elbow across chest]**
- 2. Reverse Crunch**
- 3. Flutter Kicks**
- 4. Penguins [Feet flat and reach around to your toes]**
- 5. ½ Plank Knee Taps [shoulders over elbows and forearms parallel]**
- 6. Toe Touches with a twist** [Right Hand to left Toe, then Left to right ASO, Legs Straight! You don't have to touch your toes]
- 7. ½ Plank Leg Raises [shoulders over elbows and forearms parallel]**
- 8. Swimmers [each Limb as high as possible]**
- 9. Bird Dogs** [stretch out opposite arm and leg, then pull under and stretch out again & switch limbs]
- 10. Straight Leg Bicycles [Modification, do without the twist, just keep shoulders up and hands on ears]**
- 11. Butterflies**
- 12. ½ Plank Right Side [on R Elbow, Hip up, legs Stacked and in Line!]**
- 13. ½ Plank Left Side [on L Elbow, Hip up, legs Stacked and in Line!]**
- 14. Reverse Plank [Keep Hips up]**
- 15. Crunches [Knees at 90°, eyes straight up]**
- 16. Full Sit ups with Feet in the butterfly position**
Soles of feet together, knees out. Tap hands behind head and then in front of feet