

CORE

Create your own circuit!

Do 10-15 min Core any way you want.

- Full Sit ups [elbow across chest]
- Full Sit Ups with a Twist
- Single Leg Sit ups with a Twist [a Set on each Leg]
- Full Sit ups with Feet in the butterfly position
- Butterflies
- Row Boats [Modification on elbow]
- Alt. V-Ups [Either a set on each leg or Alternate]
- V-Ups
- Crunches [Knees at 90°, eyes straight up]
- Crunches with Feet in the butterfly position
- Russian Twists
- Bicycles [regular or Straight leg]
- Penguins
- Heal Taps in the Crunch Position
- Reverse Crunch
- Flutter Kicks
- Scissors
- Toe touches
- Toe Touches with a Twist. [Right Hand to left Toe, then Left to right ASO,
- Single Leg Toe Touches. [Keep Thighs in same plane, a set on each L]
- Mountain Climbers
- Spider Planks
- ½ Plank Knee Taps [shoulders over elbows and forearms parallel]
- ½ Plank Leg Raises [shoulders over elbows and forearms parallel]
- Bird Dogs [stretch out opposite arm and leg, then pull under and stretch out again & switch limbs]
- Shredders
- Washing Machines
- Plank Up Downs
- Plank Shoulder Taps
- Swimmers
- Superman Pumps
- Side Plank Knee Drives [Set on each] [Modification, lay in a straight line]