

## **CORE WORKOUT 4/21/20**

(All exercises can be viewed using the YouTube link found on the homepage of the KW Website.)

### **Pre Competitive (1 round) / Developmental 1 (2 rounds) / Developmental 2 (3 Rounds)**

2:00 Jump Rope or Jumping Jacks

:30 Streamline Raises

:30 Rest

:30 Hands Back Raises

:30 Rest

:30 Tuck Planks (You can just bring your right knee to your right elbow / left knee to left elbow)

:30 Rest

:30 Scissors V-ups (You only have do to the scissors part)

:30 Rest

:30 Bicycle Crunches

:30 Rest

:30 Superman vs. Ironman

### **Core Series 1.....1 round**

[Each round is :10 of each in succession... flutter kicks / leg drops / scissors / sways / circles]

**\*Make sure you watch the YouTube video on how to complete Core Series 1]**

### **Age Group 1 and 2**

#### **2 Rounds of the following:**

2:00 Jump Rope or Jumping Jacks

:30 Streamline Raises

:30 Rest

:30 Hands Back Raises

:30 Rest

:30 Tuck Planks (You can just bring your right knee to your right elbow / left knee to left elbow)

:30 Rest

:30 Scissors V-ups (You only have do to the scissors part)

:30 Rest

:30 Bicycle Crunches

:30 Rest

:30 Superman vs. Ironman

Then

### **Core Series 1.....2 rounds**

[Each round is :15 of each in succession... flutter kicks / leg drops / scissors / sways / circles....and should take 1:15 to complete.....then REST :45 before starting the next round]

**\*Make sure you watch the YouTube video on how to complete Core Series 1]**

### **Core Series 2.....2 rounds**

[Each round is :15 of each in succession... Plank / Rocking Planks / Plank Hip Rolls / Plank March (slow) / Plank Knee Tucks....and should take 1:15 to complete.....then REST :45 before starting the next round]

**\*Make sure you watch the YouTube video on how to complete Core Series 2]**

## **Junior 1**

### **2 rounds**

2:00 Jump Rope or Jumping Jacks

:40 Streamline Raises

:20 Rest

:40 Hands Back Raises

:20 Rest

:40 Tuck Planks

:20 Rest

:40 Scissors V-ups

:20 Rest

:40 Bicycle Crunches

:15 Rest

:40 Superman vs. Ironman

### **Core Series 1.....2 rounds**

[Each round is :15 of each in succession... flutter kicks / leg drops / scissors / sways / circles....and should take 1:15 to complete.....then REST :45 before starting the next round]

**\*Make sure you watch the YouTube video on how to complete Core Series 1]**

### **Core Series 2.....2 rounds**

[Each round is :15 of each in succession... Plank / Rocking Planks / Plank Hip Rolls / Plank March (slow) / Plank Knee Tucks....and should take 1:15 to complete.....then REST :45 before starting the next round]

**\*Make sure you watch the YouTube video on how to complete Core Series 2]**

### **Final 5 Exercises.....1 round.... :30 on then rest :30 before moving to the next exercise**

**\*Make sure you watch the YouTube video on how to complete these 5 exercises]**

Hinge and Twist

Triple V's

Hip Dip with Rotational Reach

Sprinter Sit-up

Side Arm Crunch + Kick

## **Junior 2 and Senior**

### **2 rounds**

2:00 Jump Rope or Jumping Jacks

:40 Streamline Raises

:20 Rest

:40 Hands Back Raises

:20 Rest

:40 Tuck Planks

:20 Rest

:40 Scissors V-ups

:20 Rest

:40 Bicycle Crunches

:15 Rest

:40 Superman vs. Ironman

### **Core Series 1.....2 rounds**

[Each round is :15 of each in succession... flutter kicks / leg drops / scissors / sways / circles....and should take 1:15 to complete.....then REST :45 before starting the next round]

**\*Make sure you watch the YouTube video on how to complete Core Series 1]**

### **Core Series 2.....2 rounds**

[Each round is :15 of each in succession... Plank / Rocking Planks / Plank Hip Rolls / Plank March (slow) / Plank Knee Tucks....and should take 1:15 to complete.....then REST :45 before starting the next round]

**\*Make sure you watch the YouTube video on how to complete Core Series 2]**

**Final 15 minutes.....Follow this video from start to finish.**

[https://www.youtube.com/watch?v=OsI0Jd0\\_5Ek](https://www.youtube.com/watch?v=OsI0Jd0_5Ek)