

No Joke, its Core Day!

4/1/2020

2 rounds:

- 20 Russian Twists (using pull buoy) https://www.youtube.com/watch?v=2_MsoqTpiJ8
- 30 Toe touches <https://www.youtube.com/watch?v=eazQpjRjy2U>
- 20 Reverse crunches <https://www.youtube.com/watch?v=OzRiZ6QgnTA>
- 30 bicycle crunches <https://www.youtube.com/watch?v=eBZ4rdDjLFM>

:30 Rest

2 rounds:

- 15 V-ups (single-leg) <https://www.youtube.com/watch?v=lefe83rf6Wk>
- :45 side plank https://www.youtube.com/watch?v=BhWGMc_JfXM
- 10 High plank with shoulder taps https://www.youtube.com/watch?v=QOCn3_iOAro
- :45 side plank https://www.youtube.com/watch?v=BhWGMc_JfXM

Hold plank 1:00 (elbows)

https://www.youtube.com/watch?v=F-nQ_KJgfcY