

CORE-antine Workout

4/8/2020

3 rounds: 12-15 reps each round (Intermediate/Beginners 8-10 reps)

Windshield Wiper <https://www.youtube.com/watch?v=Fuccu9GFO6g>

Variation: Bent knee windshield wipers <https://www.youtube.com/watch?v=PR8PpHJotb8>

Slow...Note it says SLOW...Leg lifts <https://www.youtube.com/watch?v=bVA-JH2sZ2k>

Flutter kick <https://www.youtube.com/watch?v=BLJQtdcCzeA>

Variation: Scissors kick

Toe Touches <https://www.youtube.com/watch?v=eazQpiRjy2U>

Hip dips <https://www.youtube.com/watch?v=em4gADvYvMA>

Elbow Plank: :45 <https://www.youtube.com/watch?v=17gk7gbAwG4>

Variation: Elbow Planks on knees