

Core Pyramid!

5/13/2020

Warm-up

Core Pyramid

30 crunches-arms overhead <https://youtu.be/IRIdf2DtqbA>

Variation: regular crunches

25 bicycles crunches <https://youtu.be/eBZ4rdDjLFM>

20 Russian twists <https://youtu.be/JyUqwkVpsi8>

15 plank dips <https://youtu.be/em4gADvYvMA>

Variation: forearm plank/forearm plank on knees

10 flutter kicks <https://youtu.be/BIJQtdcCzeA>

Variation: wide flutter kick

10 scissor kicks <https://youtu.be/C7MhC7cVf5c>

15 slow leg raises <https://youtu.be/Wp4BlxcFTkE>

Variation: one leg at a time

20 bridges https://youtu.be/l6vxggX_1KM

25 mountain climbers <https://youtu.be/zT-9L3CEcmk>

30 second plank - forearm

Plank burn out!