

Little of Everything

6/10/2020

Warm-up:

Round 1

:30 Plank

30 crunches

30 butterfly crunches

40 Russian Twists

30 oblique crunches (each side)

<https://youtu.be/AcvfBd9C2kA>

Round 2

50 flutter kicks

20 slow leg raises

20 mountain climbers

15 v-ups <https://youtu.be/iP2fjvG0g3w>

Variation: One leg at a time. Keep legs long on floor.

30 oblique crunches (each side)

Round 3

50 flutter kicks

20 slow leg raises

20 mountain climbers

20 oblique crunches (each side)

20 side plank pulse (each side)

<https://youtu.be/yJUwoLfVCS8>

50 flutter kicks

1:00 Superman

<https://youtu.be/J9zXkxUAfUA>