

S-CORE!

6/3/2020

Warm-up

2 rounds:

:45 on/:15 rest

Forearm Plank

- Variation: Wide stance or on knees

Reverse plank: <https://youtu.be/uUEKLhpJd1Q>

- Variation: hand placement (fingers tips pointing towards your head instead of feet)/knees

Leg Lift: <https://youtu.be/bVA-JH2sZ2k>

High Plank

- Variation: Wide stance or on knees

Toe touches <https://youtu.be/eazQpiRiy2U>

Mountain Climbers

Cross Mountain Climbers

Shoulder Tap <https://youtu.be/yyFBdDj7EbQ>

Thread the Needle <https://youtu.be/UCiqxT4YzXo>

- Variation: staggered stance and on your elbow