

Core Strength!

7/1/2020

Warm-up

3 rounds: :50 on/:10 rest

Flutter kick

Spiderman plank

Russian twist

Bird dogs <https://youtu.be/wiFNA3sqjCA>

V-sit https://youtu.be/l_1KGrBx2T4

Side plank hip dips <https://youtu.be/LgaYt4Hi6-g>

Sit-ups

Forearm plank