

Core HIIT!
7/20/2020

Warm-up

3 rounds:

20 bicycle kicks <https://youtu.be/UZZhuJACZJM>

20 crunches

30 jumping jacks

20 Russian twists

30 sec wall sit

30 mountain climbers

30 sec side plank (each side)

10 reverse crunches

20 burpees

15 superman's

30 sec plank