

All Around Core!

7/8/2020

Warm-up

Each round twice through

Round 1:

40 Toe touches

30 Russian Twists

20 Sit-ups with arms overhead

15 V-ups

Variation: Single-leg v-up

Laying in position 11, legs stay on ground and bring arms to toes

1-minute plank

Round 2:

40 Reverse crunches <https://youtu.be/gAyTBB4lm3I>

30 heel touches <https://youtu.be/jkDi2TTKaKc>

20 bicycle crunches

15 V-ups

Variations as above

1-minute plank