**Core Work**

Your goal is to get 30 minutes of core work in- this might mean doing 2 videos or the same one twice in row. I really like these videos because they include a little bit of rest and they are all color/time coded. Be very tuned in to your form and be precise with what you are doing.

[Video #1](https://www.youtube.com/watch?v=k5Q36UmuEuk)

[Video #2](https://www.youtube.com/watch?v=OslOJd0_5Ek)

[Video #3](https://www.youtube.com/watch?v=wdwi4mLrLMc)- new video added, but same series.

IF you have already mastered those videos above, move on to these:

[Video #4](https://www.youtube.com/watch?v=Yn_PPOH8_dI)

[Video #5](https://www.youtube.com/watch?v=BGyNVSU64eM)- Challenge Level, if you are already warmed up with our own Dynamic Routine, then you can start at the 6:30 mark or choose to do the whole workout!