**Core Workout (no equipment required)**

2 Rounds

Set 1 (30 seconds each, progress to 60 seconds each)

1. Alternating Lunges

2. Push Ups

3. Dips

4. Pike Planks: *Start in straight-arm plank; push hips up into Downward Dog, return to start position.*

5. Alternating Superman from plank: *Start in straight-arm plank. Lift right arm and left leg. Return to start, then lift left arm and right leg.* \*for easier exercise, just do superman.

6. Bridges

Set 2 (30 seconds each, progress to 60 seconds each)

1. Squats

2. Mountain Climbers

3. Roll Ups: *Lie on back roll up to seated with arms by ears, roll back down.*

4. Toe Taps: *Lie on back, legs up. Tap 1 heel to floor, then switch.*

5. Side Plank

6. Hip Rotations: *From forearm plank, twist lower body only from side to side. Upper body stays neutral.*