

CORE

WORKOUT

10
MIN

BODYWEIGHT

After the warm up, perform each WORKOUT moves for 40 seconds, resting 20 seconds between moves. These moves will be performed consecutively for a 10 minute workout. If time allows, repeat the WORKOUT once or twice for a 20 or 30 minute burn!

WARMUP

Up Dog to Child's Pose - 30 seconds
Cat Cow - 30 seconds
Trunk Rotations - 30 seconds
Side Bends - 30 seconds

WORKOUT

- Plank w/ Side Grab
- Bicycle Crunches
- Russian Twists
- Plank, Ski Jumps
- Flutter Kicks
- Leg Raise, Feet to the Sky
- V-Ups
- Plank Jacks
- Hollow Body Hold
- Side Plank Dip (switch at 20 s)