Core #1

|  |  |
| --- | --- |
| Planks | 1:00 |
| Rope mid | 35 |
| Rope side | 35 |
| Russ Twist | 50 |
| Bicycles | 35 |
| Flutter kicks | 35 |
| V-Ups  | 20 |
| Russ Twist | Burn out |

Abs #1 (multiple sets – 20 seconds rest in between)

|  |  |
| --- | --- |
|   | Leg lifts x 20 |
|   | Crunches x 20 |
|   | Bicycles x 20 |
|   | Windshield Wipers x 20 |
|   | Russian Twist x 20 |
|  |  |

Abs/Core Combo: 2 x through; 30 seconds rest in between 10 minutes total

Mtn Climbers 30 secs.

Hollow Body Hold 30 secs.

Plank Walkups 30 secs

Supermans 30 secs

Windshield Wipers 30 secs

Strength Circuit #1 – Repeat 2-3 times.

Burpees x 10

Pike Pushup x 10

Rear Lunge x 10 each leg

Side to Side regular pushups x 10 each way

Plank Cross Thru x 10 each side

Strength Circuit #2 – Repeat 2-3 times

Burpees x 10

Body Weight Parallel Squats x 20

Lunge Matrix – forward, side and back single leg. Each leg 5 x each position (forward, Right Side, Left Side, Back)

Pushups x 10

Forward Crawl 30 Meters

Strength Circuit #3 – Repeat 2-3 times Rest 30 seconds after each exercise. 1 minute after each round.

Burpees x 20

Pushups x 10

Body Weight Parallel Squats x 10

Squat Jumps x 5

Plank Cross Thru x 10 each side