Day 1

30 seconds each x 2 with 30 seconds rest

Mtn Climbers

Hollow Body Hold

Plank Walkups

Supermans

Windshield Wipers

Day 2

30 seconds each x 2 with 30 seconds rest

Burpees

V-Ups

Plank Walkouts

Seated leg lifts

Hi Plank Reach Throughs

Day 3

30 seconds x 3 continuous

Rotating Planks

V sit slides/Sit up slides

Cross Body Mtn Climbers

Candle Sticks

Day 4

60 seconds each x 2

Flutter Kicks

Hi Plank Walkouts/Wall walks

Tap Crunches

½ Burpees w/pushups

Rolling V-Ups

Day 5

30 seconds on/30 seconds rest

Hollow Rocks

Superman Arch Rock

Burpees

Reverse Crunch w/lift and twist

Alt. V-Ups