|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Core |  |  |  |  |
| **Exercise #** | **Exercise** | **Reps** | **Time** | **Rest** |
| 1 | Russian Twists (ball) | 20 |   | 30 sec |
| 2 | Overhead Push, Sit Up (ball) | 20 |   | 30 sec |
| 3 | Dead Bugs | 20 |   | 30 sec |
| 4 | PLANK HOLD ON HANDS, SHOULDER TAPS |   | 1 Min | 1-2 Min |
|   | X 2 |   |   |   |
| 5 | Reverse Cruches | 20 |   | 30 sec |
| 6 | Leg Scissors | 20 |   | 30 sec |
| 7 | Warrior Squats | 20 |   | 30 sec |
| 8 | PLANK HOLD, ELBOWS TO HANDS SWITHCHING |   | 1 Min | 1-2 Min |
|   | X 2 |   |   |   |
| 9 | Jackknife Crunch | 20 |   | 30 sec |
| 10 | Oblique Slide Crunches | 20 |   | 30 sec |
| 11 | Bridge Switches | 20 |   | 30 sec |
| 12 | PLANK HOLD ON ELBOWS, HIGH MARCHING FEET |   | 1 Min | 1-2 Min |
|   | X 2 |   |   |   |
| 13 | Knee Slide Mountain Climbers | 20 |   | 30 sec |
| 14 | V-Ups | 20 |  | 30 sec |
| 15 | Thrusters | 20 |  | 30 sec |
| 16 | PLANK WALK, FEET ON BALL |   | 1 Min | 1-2 Min |
|   | X 2 |   |   |   |

Session 14