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| Core |  |  |
| **Exercise #** | **Exercise** | **Rest** |
| 1 | 30 Second Plank on Hands with shoulder Taps | 30 Sec |
| 2 | 3 X Forward Roll & Str Jump | 30 Sec |
| 3 | 20 X In/Out Hinged Toe Tap Plank | 30 Sec |
| 4 | 10 X Single leg V-Ups (both legs) | 30 Sec |
| 5 | 10 X Full Burpees | 30 Sec |
| 6 | 6 X Spider Man Press Ups | 30 Sec |
| 7 | 8 X Side Plank, with Elkbow to Knee Crunch (both sides) | 30 Sec |
| 8 | 12 X Russian V-Tuck Twist | 30 Sec |
| 9 | 10 X Lunge Jumps (both legs) | 30 Sec |
| 10 | 20 X Toe Tap Crabs | 30 Sec |
| 11 | 30 X Drunken Climbers on Hands | 30 Sec |
| 12 | 20 X Press & Push to Warrior Squat, Streamline & Stand | 30 Sec |

Plan -

Round 1 – Exercise #1

Round 2 – Exercise #2 – 1

Round 3 – Exercise #3 – 1

Round 4 – Exercise #4 – 1

Round 5 – Exercise #5 – 1

Round 6 – Exercise #6 – 1

Round 7 – Exercise #7 – 1

Round 8 – Exercise #8 – 1

Round 9 – Exercise #9 – 1

Round 10 – Exercise #10 – 1

Round 11 – Exercise #11 – 1

Round 12 – Exercise #12 – 1

Additional 1 Minutes Rest Between Rounds