

Core Workout Options

- Straight Leg Pushdown (3-way) (partner)
- Crucifix straight leg, feet together(up, down, left, right)
- Rambo Twist (sit-up with Russian twists, contract oblique's)
- Heel Touches (together and alternating L/R)
- Toe Touches (reach for the ceiling, not your heels)
- Russian Twists
- Prone Plank
- Side Plank
- Jackknife (straight legs, straight arms over head, bring together over body)
- Elbow to Knee Touches (alternating)
- Crunches
- Bicycle Kicks
- Side Crunches
- Superman's
- Leg Raises (hold ball between feet for added resistance)
- 3" holds
- MB Floor Slams
- MB Side Toss (against wall)
- MB Partnered Situp Toss
- Scissor legs
- Partnered Side Toss (offset)

10 min of Core, choose 4 exercises, 25-30 reps of each.

For holds 60-90 seconds