

CONFIDENTIAL AND PROPRIETARY

Core Workout 1

Warm Up (90 Seconds)

- 30 seconds – High Knees (or marching)
- 30 seconds – Squat and Twist
- 30 seconds – Squat Knee Elbow Same Side

30 Seconds Rest

3 Circuits 3 min. each. Each exercise 30 seconds, do each exercise then repeat before proceeding to next circuit.

Circuit 1

- Toe Touches
- Leg Raise w/ Hip Raise
- Knee Touch Crunch

30 Seconds Rest

Circuit 2

- Side plank hold with hip drops
- Side v ups
- Russian twists

30 Seconds Rest

Circuit 3

- Large flutter kicks
- Six inch hold (10 seconds),
 - Small Flutter Kicks (10 seconds)
 - Small Scissor Kicks (10 seconds)
- Full Body Crunch

30 Seconds Rest

- **Cool down** - 2 minutes of stretching
- **Total Time: 14 minutes, 30 seconds**

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