

CONFIDENTIAL AND PROPRIETARY

Core Workout 2

Balance Work (90 seconds)

- 30 seconds – Balance on one foot, touch ground, stand up (without putting foot down) repeat.
 - Challenge: Jump at end
- 15 second hold with foot still in air
- 30 seconds opposite leg balance, touch, stand.
 - Challenge: Jump at end
- 15 second hold with foot still in air

30 Seconds Rest

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

Circuit 1

- Bicycle crunches
- Hold elbow to knee (switch after 15 seconds)
- Basic crunches

30 seconds Rest

Circuit 2

- Heel touches
- Feet straight up in air, reach opposite hand to opposite ankle
- Half-moon leg swings

30 Seconds Rest

Circuit 3

- Superman hold, flutter arms and legs, lat pull (10 seconds each)
- Bridge (raise and drop hips 2 seconds each way)

- Basic Crunches

30 Seconds Rest

Cool down 2 minutes of stretching

Total time:14 minutes, 30 seconds

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