

# CORE WORKOUT

## CORE CONQUEROR



**A strong core is the key to standing tall and feeling confident. Yep, if you think of your body as a house, your core is the foundation and it needs to be rock steady. So give it some love and keep it strong with this hot tamale of a workout - only 20 mins!**

### WARM UP

- 1 20 x Bodyweight reverse lunges (alternate legs each time)
- 2 20 x Bodyweight squats
- 3 10 x Walkouts
- 4 10 x Glute birdges \*double sided

### WORK OUT

**Do each exercise for 40 seconds with 20 seconds of rest in between. Aim for 3 rounds.**

- 1 Butterfly sit ups
- 2 Sprinter crunches
- 3 V snaps
- 4 Side crunches
- 5 Flutter kicks
- 6 Commando plank

### COOL DOWN

- 1 10 x Back extensions
- 2 20 x Bodyweight squats
- 3 10 x Walkouts
- 4 10 x Glute birdges \*double sided