

CORE WORKOUT

BABY GOT ABS!



Smash out this quick core workout and if you're feeling brave why not complete a few rounds!

Work through the exercises trying not to rest in between so you can get maximum burn and maximum gain!

So go on, go get 'em!

WORKOUT

- 1 10 x double crunch (sit up and raise legs at same time)
- 2 5 x slow mountain climbers each side
- 3 30 x ab cycle crunches
- 4 5 x side plank with knee to elbow crunch (left)
- 5 5 x side plank with knee to elbow crunch (right)
- 6 20 x glute bridge (use resistance band if you have one)
- 7 10 x seated knee tucks
- 8 Hollow hold - supine position (hold for as long as possible)