

CORE WORKOUT

FIRE IN YOUR BELLY



Get that core burning with this nifty little workout! There are ten exercises with 50 seconds work time and 10 seconds rest, then move onto the next exercise. No stopping, no short cuts, no breaks!

Take up to 2 minutes rest at the end of all 10 exercises then do it all over again, complete 3 full rounds. You go glen coco!

WARM-UP

- > 5 x downward dogs
- > 10 x Supermans (5 each arm/leg)
- > 5 x Cat curls
- > 5 x Walkouts

WORKOUT

- 1 Opposite arm/leg pike (right arm, left leg)
- 2 Opposite arm/leg pike (left arm, right leg)
- 3 Plank with lateral steps
- 4 Bicycle crunch
- 5 Butterfly crunch
- 6 Bicycles (lower body only)
- 7 Reverse crunch
- 8 Oblique plank with internal rotation (right side)
- 9 Oblique plank with internal rotation (left side)
- 10 Oblique twists (seated position)