

30-Minute Core Workout

warm-up

Crunches w knees up x 16

Crunches w legs up x 16

Reverse crunches x 16

Dead bug w plate x 8/leg

Short rest, then repeat 2 x

plank series

Elbow plank, 30 seconds

Elbow w hip tip x 8/side

Side plank w hip dip x 8/side

Short rest, then repeat 2 x



ball series

Ball plank, 30 seconds

Jackknife or pike on ball, x 8

Back extensions on ball, x 8

Short rest, then repeat 2-3 x

Stretch!