

PLANK WORKOUT

1. Front Plank (1 minute)
2. Side Plank (:30 seconds per side)
3. Plank with hip swivel (15 per side)
4. Plank with leg lift (15 per leg)
5. Plank-leg out to side (15 per leg)
6. Side plank with leg raise (10 per leg)
7. Plank with knee drive (10 per leg)
8. Rotating plank (10 per side)
9. Plank up downs (15)
10. Push-ups (25)

200 REP CORE WORKOUT
(DO 20 OF EACH)

1. Dying Bug
2. In and outs
3. Russian Twist (20 per side)
4. Hip ups
5. Windshields (10 per side, 20 total)
6. Flutterkicks (20 per leg-go slow)
7. Flutterkick with clap (20 total claps)
8. Upright Bicycle (20 per side)
9. V-up (20 per side)
10. Oblique Crunches (10 per side)

CORE/PUSH-UP COMBO WORKOUT
(DO 20 OF EACH THEN 10 PUSH-UPS)

1. Leg Circles (20 reps then 10 push-ups)
2. Roll-up/V-up (20 reps then 10 push-ups)
3. Squids (20 reps then 10 push-ups)
4. Crunches (20 reps then 10 push-ups)
5. Dying Bug/Russian Twist Combo (20 reps then 10 push-ups)