

Core



# WORKOUT

10  
MIN

## BODYWEIGHT

**WARM-UP (3-4 MINUTES, NOT INCLUDED IN WORKOUT TIME)**

- 30s Cat-Cow stretch
- 30s Torso twists
- 30s Bird-dog (alternate arm/leg extensions)
- 30s High plank hold
- 30s Side bends
- 30s Glute bridges
- 30s Mountain climbers

## WORKOUT

**FORMAT:**

*40s work / 20s rest, 1 min rest between sets repeat circuit twice (~10 minutes)*

**1. Standard crunches**

**2. Bicycle crunches**

**3. Plank hold**

**4. Leg raises**



HOTEL ATHLETE