

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:

45s work / 15s rest, 1 min rest between sets repeat circuit twice (~10 minutes)

- 1. Plank to shoulder taps**
- 2. Flutter kicks**
- 3. Hollow body hold**
- 4. V-ups**

