

Core



# WORKOUT

15  
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:

*Each block = 4 minutes AMRAP (as many rounds as possible).  
Rest 1 minute between blocks.  
Pick a challenging but repeatable pace*

### AMRAP 1 (4 Minutes)

1. **Plank x 20s**
2. **Bird Dog x 10 EA**
3. **Dead Bug x 12 EA**

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### AMRAP 2 (4 Minutes)

1. **Russian Twist x 10 EA**
2. **Side Plank Reach Under x 8 EA**
3. **Bicycle Crunch x 10 EA**

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### AMRAP 3 (4 Minutes)

1. **Leg Raise x 12**
2. **V-Up x 12**
3. **Flutter Kicks x 20**
4. **Hollow Hold x 20s**



HOTEL ATHLETE