

HOME CORE WORKOUT 1

Complete 3-4 rounds of the following, pushing as hard as you can, and resting when needed. Do as many reps as you can with good form.

Exercise	Reps/Time	Weight Used
Dumbbell Double Crunch	1 minute	Single 15-30lb dumbbell
Straight-leg V-Ups	1 minute	n/a
Elevated Side Plank w/ Hip Drop	1 minute each side	n/a
Push-up/Side Plank/Hip Drop/Toe Touch	1 minute alternating sides	n/a
Finisher:		
60-90 seconds Plank with variations		