

# Core Work-outs

## Monday and Wednesday

- Plank x 1 minute rest 30 seconds then plank x 45 sec
- Side plank x 30 seconds (arm in air) other side 30 seconds then repeat
- Bird-dog x 15 seconds each side
- Bird-dog: Bring opp elbow and knee to mid-line then extend back out. Do 10 each side.
- 30 Push-ups: Start with full if you can then go to modified. Remember- do the push-up that will give you the most elbow bend.
- 5 finger-tip push-up: You can do this in a long-sit position
- Superwoman (airplane) x 60 seconds

## Tuesday and Thursday

- 15 squats in place. Slow count. Count to 4 down and 2 count up.
- 6 split jumps
- 15 double toe raises
- 10 single leg toe raises each leg. Grab some weights if you have them
- 5 single leg squats each leg
- 5 tuck jumps
- Plank Walk: 2 to right then 2 to left=1. Repeat 4 times.