

Body Core Exercises



- 1 min. full crunches



- 1 min. each, one leg crunch each side



- 1 min. each, right and left side plank

1 min. each, two variations of ventral plank (single and double leg shown)





- 10 leg lifts, plus 5 to 7 circles each way



- 1 min. superman



- 2 min. bicycle



- 3 min. boat