

STRENGTH // CORE WORK // 40 MINUTES

1. Warm up // Easy jog, jump rope, walk, etc// 5 minutes

2. BIRD DOG // 4 sets of 10 // EXAMPLE - <https://youtu.be/wiFNA3sqjCA>



3. WHEEL ROLL OUT or HAND WALK OUT // 4 sets of 10 // EXAMPLE - <https://youtu.be/ogR62Ghj3Z4>



4. WEIGHTED PLANK // 10 sets of 30 seconds // EXAMPLE - <https://youtu.be/H88Ip-MUWn0>



5. STANDING TWISTS or WEIGHTED BALL WALL SIDE TOSS // 4 sets of 10 // EXAMPLE - <https://youtu.be/I5YbtdqK6g0>



6. V-SITS // 4 sets of 10 // EXAMPLE - <https://youtu.be/WTmnP0xIdq8>



7. SCISSOR CRUNCH // 4 sets of 15 // EXAMPLE - <https://youtu.be/WoNCIBVLbgY>

8. KNEELING KETTLEBELL HALO // 4 sets of 15 // EXAMPLE - <https://youtu.be/XNyS7tcXBfM>



9. SIDE PLANK // 4 reps each side // EXAMPLE - <https://youtu.be/K2VljzCC16g>

10. Cool Down // STATIC STRETCH