CORE PROGRAM 4

For the core program, we are going to do a timed set of 10 set exercises.

For the fourth week, we are going to do 60 sec of each exercise, with no rest in between! You go straight from one exercise to the next. The program is a short one, but a killer on the core. It will take you a total of 10 min to complete.

10 exercises x (60 sec on/ 0 sec off)

Here are the exercises, to be completed in order:

1. Crunch/ Sit Up
2. Side Crunch
3. Side Crunch (other side)
4. Flutter Kick
5. Russian Twist
6. Side Plank
7. Side Plank (other side)
8. Front Plank
9. Cross Crunch
10. Reverse Crunch