

Core Work



5-10 minute easy warmup: treadmill, elliptical, bike

2 rounds: (10-15' rest in between each exercise, 1 minute rest between sets)

10x standard placement pushups

10x diamond/ close grip pushups

10x semi wide pushups

10x wide pushups

If you need to go to your knees or an incline or the wall for any of these, that's OK.

We want muscle fatigue in the arms and core.

2x back locust extensions (hold each for 5-10 seconds)

10x plank shoulder taps

1 minute continuous plank

10x back locust extensions (hold each for half second)

10x ab crunches (with or without weight held at chest)

10x alternating side ab crunches (with or without weight held at chest)

1 min rest in between full sets

If you aren't experiencing muscle fatigue at the end of the reps, increase reps by 2 until you do, or increase weight (if using)