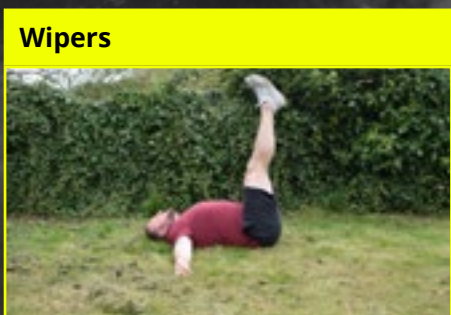
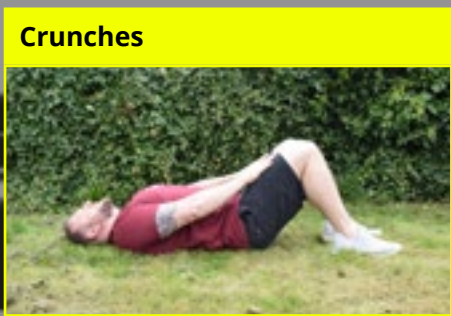


DAY 2 CORE WORKOUT

Equipment needed: Timer

30 seconds work : 30 seconds rest

CORE WORKOUT		
Exercise	Time	Sets
Crunches	30:30	3
Wipers	30:30	3
Hollow hold	30:30	3
Side Plank Pulses	30:30 each side	3
Downward dog to crunch	30:30 each leg	3
Flutter kicks	30:30	3
Lying Cobra	30:30	3
Plank	hold to failure	3



DAY 2 CORE WORKOUT

Hollow hold



Side Plank Pulses



Downward dog to crunch



Flutter kicks



DAY 2 CORE WORKOUT

Lying Cobra



Plank



OR

