

## **Abs (40 sec. each)**

Crunches  
Elbow to Knee (RL)  
Elbow to Knee (LR)  
Toe Touches  
Push On Through  
Leg Raisers  
Obliques (R)  
Obliques (L)  
Hip Raisers  
Bicycles  
Crunches  
Plank

## **Lunge Matrix (5-10x each leg)**

Forward Lunge  
Forward Lunge w/Twist  
Side Lunge  
90 Side/Back Lunge  
Backwards Lunge

## **Back Maintenance**

Alternating Supermans (x10)  
Prone Double Arm Raise (x10)  
Prone Straight SL Lift (x10)  
Prone Army Crawl (x10)  
Straight Leg Circles (x5 – 2 ways)  
Good Mornings (x20)  
Superman Shoulder Squeeze (x10)  
Flutter Kick w/Arms (30 sec)  
Exaggerated Crunches (x10)  
Cat-Cows (x10)

## **Planks (60 seconds each)**

Forward Plank  
Left side Plank  
Right side Plank  
Back Plank

## **Hip Mobility**

Donkey Kicks (x10)  
Scorpions (x10)  
  
Donkey Whips (x10)  
Iron Cross (x10)  
  
Fire Hydrants (x10)  
Side Plank & Leg Lift (x5)  
  
Trail Leg (x5 – Forward/Backward)  
Lateral Leg Swing (x10)  
Linear Leg Swing (x10)  
Push-Ups (x20)

## **Core X (30 seconds each)**

Running V-sits  
Flutter Kick w/Arms  
Flutter Kick V-sits  
Side Plank Leg Lift (one side)  
Supine Leg Lift  
Side Plank Leg Lift (other side)  
Supermans  
Push-Up to Side Plank  
Scissor V-sit  
Clapping Push-Ups