

CORE Workout

CORE BEGINNER

CRUNCH HOLD
REVERSE CRUNCH
PARTIAL LEG LIFT
HOLLOW HOLD
SIDE PLANK
PLANK
PALLOF ISOMETRIC

CORE INTERMEDIATE

COUNTER LATERAL
FLEXION
STRAIGHT ARM
PULLOVER
TUCK HANG
TUCK UP

CORE ADVANCED

LEG LIFTS
SUPERMAN
AB WHEEL

CORE BEGINNER

DO EACH EXERCISE
FOR 20 SECONDS OR
20 REPS, TOP TO
BOTTOM, THREE
TIMES THROUGH

CORE INTERMEDIATE

DO CORE BEGINNER
ONCE, THEN CORE
INTERMEDIATE 3 TIMES
TOP TO BOTTOM

CORE ADVANCED

DO CORE BEGINNER +
INTERMEDIATE ONCE ,
THEN CORE ADVANCED
THREE TIMES

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