



Core X 30 sec per exercise

1. RUNNING V-SIT



7. SUPERMAN



2. AUSTRALIAN CRAWL



8. PUSH-UP TO SIDE PLANK



3. V-SIT FLUTTER KICKS



4. SIDE PLANK LEG LIFT



9. V-SIT SCISSORS KICKS



5. SUPINE PLANK LEG LIFT



10. ROCKIES (three reps, then rest, repeat)



6. SIDE PLANK LEG LIFT



Use your phone's camera to go to the Core X video