

5 minute CORE workout

JULY

Always properly warm up **3-5 minutes** before performing any workout.

Set timer to **5 minutes**. Complete as many rounds as you can in 5 minutes.

Rest as needed. No weights needed

Each move is 20 seconds:

Reverse Crunches

Fast Bicycles

Rocking plank

Russian Twists

Leg lifts

Slow bicycles

Plank up-downs

Wide Russian Twists

Pike

Bicycle crunches

Knee-to-elbow planks

Feet up Russian twists

Repeat

Always cool down properly for **3-5 minutes** after completing a workout.

