

15-Minute "Crush Your Core" Beginner

How to follow the exercise program?

The exercises should be completed 2 times as a circuit. After completing 1 round, rest for 1 minute and repeat.

What if I don't know how to do an exercise based from the name/pictures?

Have no fear, each exercise is linked to an exercise video from a VERY reliable source. If you are unsure how to do an exercise, we highly recommend watching the video and listening to the instructions.

For each exercise, maintain tight core (tuck hips, belly button in, and shoulder blades down and back)

1

Dead Bug x 15/side



2

Plank x 30 seconds



3

Reverse Crunches x 15



4

Side Plank x 30 seconds



5

Bird Dog x 10/side



6

Paloff Press x 10/side

