

Core Workout # 1

Select the desired level of difficulty and conditioning time from the drop down lists, then complete all sets of a circuit before moving on to the next. You can change the exercises using the drop down lists in each cell. The last exercise in each circuit is the conditioning exercise. Videos of each exercise update in the boxes to the right as you choose different exercises.

Choose Level of Difficulty

2 sets x 12 reps

Choose Conditioning Time

45 seconds

Circuit 1
Alternating V Up
Bird Dog
Frog Legs
Bench Glute Lift Iso

Videos
Alternating V Up
Bird Dog
Frog Legs
Bench Glute Lift Iso

Circuit 2
Bicycle Crunch
Cobra
Hanging Leg Raise
Chest Rev Grip Iso

Videos
Bicycle Crunch
Cobra
Hanging Leg Raise
Chest Rev Grip Iso

Circuit 3
Full Bench Curl Up
Alternating Superman
GH Russian Twist
Farmers Walk

Videos
Full Bench Curl Up
Alternating Superman
GH Russian Twist
Farmers Walk

Circuit 4
SWB Twist
SL Bent Knee Bench Lift
Crossover Crunch
Goblet Squat Iso Hold

Videos
SWB Twist
SL Bent Knee Bench Lift
Crossover Crunch
Goblet Squat Iso Hold