Core Workouts

**Workout #1**
Crunches legs at 90/90 position
Side Plank w Dips
Swimmers
Rhonda Rousey’s
Quadruped opposite arm/leg
Squirms
Rope Climbers
Back Extensions on PB

**Workout #2**
Heel Drops
Plank –try to go at least 2 minutes,
Russian Twists w/ MB or Weight
Crab Position Opposite/arm to leg
PB Table tops with leg lifts
Butt Raises
Dying Bugs
Marching Bridge advanced to wt. on Hips

**Workout #3**
Elevators
Quadruped same side arm and leg
Hanging Knee Tucks-
PB exchanges from feet to arms
Boats
Toe touches w/ Medicine balls
Bicylces
PB Kneeling or sitting can do MB Chops