

CORE

WORKOUT #1

Repeat 8 times

Optional: use weights

- 10 sit-ups
- 10 leg lifts
- 20 sitting twists
- 10 knee-to-elbow sit-ups
- 20 second plank
- 10 side-plank lifts (each side)
- 20 seconds: 6-inch leg lift
- 5 back extensions

CORE

WORKOUT #2

Repeat 8 times

- 10 leg lifts
- 10 scissors
- 10 long-arm crunches
- 10 side-plank lifts (each side)
- 15 knee crunches
- 15 bicycle crunches
- 20 mountain climbers

BICEP & AB WORKOUT #1

Repeat 8 times

- 10 chest push-ups
- 20 second reverse plank hold
- 10 side-plank lifts (each side)
- 20 second plank hold
- 5 push-ups
- 10 reverse dips
- 20 second side-plank (each side)