

CORE WORKOUT

“
Strive for progress, not perfection.
Leave the weaker version of yourself
for last year.
”

①

ALTERNATING BIRD DOGS

30 REPS
15 EACH SIDE

②

JACKKNIFE SIT UP

15 REPS

③

WINDSHIELD WIPERS

30 REPS

④

DOUBLE LEG BRIDGES

15 REPS

⑤

FLUTTER KICKS

30 SEC

⑥

LEG PULL-IN KNEE-UPS

15 REPS

⑦

WEIGHTED TWIST 10 LBS.

30 REPS

⑧

PLANK

1 MIN

⑨

SIDE PLANK

1 MIN
EACH SIDE

REPEAT CIRCUIT 2-3 TIMES



INTRAMURALS

SPORTS | RECREATION | FITNESS