

20-MINUTE COMPLETE CORE CONDITIONING



INSTRUCTIONS:

- Total of 1 minute spent on each exercise including rest
- Increase/decrease rest time to make workout easier/harder
- For example:
 - Beginners: 30s work / 30s rest
 - Intermediate: 45s work / 15s rest
 - Advanced: 55s work / 5s rest

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|--------------------------------|-------------------------------------|
| 1) RUSSIAN TWISTS | 11) SIDE PLANK 1 |
| 2) AB-CYCLES | 12) FRONT PLANK |
| 3) HEEL TAPS | 13) SIDE PLANK 2 |
| 4) CRUNCHES | 14) SIT & LEAN-BACK 1 |
| 5) TOE TAPS | 15) SIT & LEAN-BACK 2 |
| 6) SCISSOR KICKS | 16) SIT & LEAN-BACK 3 |
| 7) FLUTTER KICKS | 17) BOX-PLANK |
| 8) LEG RAISES | 18) BIRD-DOG |
| 9) V-SITS | 19) DEAD-BUG |
| 10) BACK
EXTENSIONS | 20) LYING OVERHEAD
RAISE |

*****Scroll down for more detail on each exercise*****

RUSSIAN TWISTS:



- Sit down with legs bent at knee, lean back and keep spine neutral, lift feet slightly off floor, twist torso to one side, repeat for other side.
- Increase difficulty by holding a weight. No weight? No problem - fill a bottle up with water.
- Decrease difficulty by keeping feet on the floor.

AB-CYCLES:



- Lie on the floor and push lower back down, put hands on head and reach elbow to opposite knee whilst other leg extends out straight.

HEEL TAPS:



- Lie on the floor with knees bent and feet flat on the floor, raise head and shoulders off the floor, alternate touching the heel of each foot.

CRUNCHES:



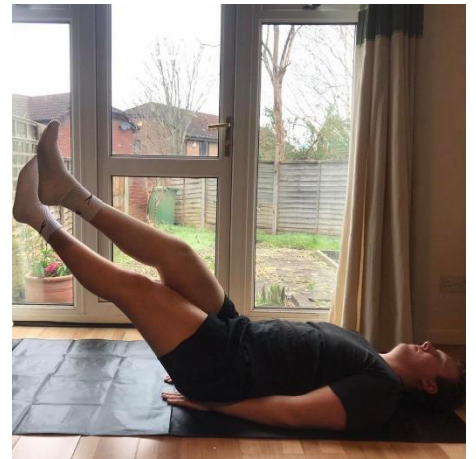
- Lie on the floor with knees bent and feet flat on the floor, put hands under head and curl up and forwards so head and shoulders are off floor.
- Increase the difficulty by holding arms straight out above you.

TOE TAPS:



- Lie on the floor with legs raised straight up, hold arms up straight in line with legs, reach up towards toes by curling up off the floor.

SCISSOR KICKS:



- Lie on the floor with legs raised up straight forming a V-shape, criss-cross legs over one another alternating legs each time.

FLUTTER KICKS:



- Lie on the floor with legs raised straight up, put hands under bum to reduce stress on lower back, continuously raise and lower alternate legs.

LEG RAISES:



- Lie on the floor with legs raised straight up, put hands under bum to reduce stress on lower back, simply raise legs up and down.
- Don't raise them too high and try not to touch the floor!

V-SITS:



- Lie on the floor with legs straight and arms straight overhead, simultaneously raise legs up straight and reach towards your feet raising your body off the floor, return to starting position and repeat.

BACK EXTENSIONS:



- Lie flat on your front, bring fingers to your temples or put hands straight in front of you, simultaneously lift both legs and chest off the floor, try to hold position slightly and repeat.

SIDE PLANK:



- Lie on your side with elbow straight underneath shoulder, lift yourself up, keep your legs and body straight, ensure your hips don't drop to the floor or rise too high.
- 1 means one side, 2 means the other side!

FRONT PLANK:



- Get into press-up position only put forearms against the floor and link hands together.
- Try and focus on creating a straight line from your neck to heels.
- Increase difficulty by putting hands on floor and making arms straight, from here you can tap each shoulder being careful not to rock.

SIT & LEAN BACK:



- Sit on the floor, put legs straight out in front of you, lean back slightly, keep a strong position (shoulders down and back, chest out)
- 1 means one arm out to the side (left or right), 2 means the other arm out to the side, 3 means both arms out in front.

BOX PLANK:



- Get into a strong press-up position, bring the knees forward to roughly create a 90-degree angle between the top of your thighs and abdomen, keep balls of feet on the floor.

- Make sure knees are only slightly off the floor!

BIRD-DOG:



- Start in a similar position to the box-plank except with knees on the floor, slowly raise alternate arms and legs focussing on coordination, return and repeat.
- For an extra challenge hold the position for a few seconds.

DEAD-BUG:



- Lie on the floor, raise legs and bend knees to create a 90-degree angle, put arms out straight upwards, lower one leg and alternate arm toward the floor making sure to keep the other leg and arm still, return and repeat.

LYING OVERHEAD RAISE:



- Holding a weight (or full water bottle) start in the same position as dead-bug, keeping legs still take the weight down carefully overhead towards the floor, return and repeat.

