

# MORNING CORE WORKOUT

Date: \_\_\_\_\_ Duration: 15 Minutes Intensity: Moderate

| EXERCISE           | REPS/TIME    | REST   | SET 1 | SET 2 |
|--------------------|--------------|--------|-------|-------|
| Plank Hold         | 60 Sec       | 30 Sec |       |       |
| Dead Bugs          | 15 Reps      | 30 Sec |       |       |
| Bicycle Crunches   | 20 Reps      | 30 Sec |       |       |
| Bird Dog           | 12 Reps/Side | 30 Sec |       |       |
| Leg Raises         | 15 Reps      | 30 Sec |       |       |
| Side Plank (Left)  | 45 Sec       | 15 Sec |       |       |
| Side Plank (Right) | 45 Sec       | 15 Sec |       |       |

Session Notes: