

10 min Holiday Time Crunch Workout – Core

Equipment needed: mat, dumbbells, floor space, timer/watch

Exercise	Reps/Time	Weight Used	Notes
Perform 2 rounds of the following exercises – circuit style, resting when needed			
Plank	30 secs	n/a	
Bicycle Crunch	30 secs	n/a	
Plank	30 secs	n/a	
V-Ups	30 secs	n/a	
Plank	30 secs	n/a	
Chest Press Crunch	30 secs	n/a	
Plank	30 secs	n/a	
A-Frame Abs	30 secs	n/a	
Plank	30 secs	n/a	
Flutter Kicks	30 secs	n/a	