

10 min Holiday Time Crunch Workout – Core #2

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

Exercise	Reps/Time	Weight Used	Notes
Perform 3 rounds of the following exercises – circuit style, resting when needed			
Basic crunch	30 secs	Medium or none	
Mat donkey kicks	30 secs	n/a	
V-sit bicycle	30 secs	n/a	
A-frame abs	30 secs	n/a	
Traveling plank	30 secs	n/a	