**Fitness 6—CORE**

Warm up to CORE workout:

4 laps

20 crunches

20 “bicycles”

20 each side crunches

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| **Name** | **Reminders** | **Repetitions** | **Time** |
| Reverse Plank lift | Like leg lifts from plank. Heels on the ground. Hands flat on the ground with finger pointing toward feet. Lift waist to flat reverse plank and down. Don’t touch the ground. | 1-10 with table top  2-8 flat  3-14 flat |  |
| Knee plank | Same position as last move. Drive knee and extend down. Knee to chest. Don’t touch the ground with butt. | 1-10 with table top  2-8 flat  3-14 flat |  |
| Knee+lift plank | Same position as last move, but this time after the chest to knee, extend the leg out, then go down. | 1-10 with table top  2-8 flat  3-14 flat |  |
| Wide Superman | Lay facing down. Spread arms and legs. When arms come back and up (elbows to hip), legs go up causing the back to arc. Don’t touch the ground with arms and lefs | 1-10 with touch ground  2-8 no touch  3-14 no touch |  |
| Twist plank | Plank position. Twist by dropping right hip, then center, then drop left hip, then center |  | 1-25 seconds (can do table position)  2-30 seconds  3-35 seconds |
| Plank | Plank position |  | 1-25 seconds (can do table position)  2-30 seconds  3-35 seconds |
| Stretch | Plank position, drop back and stomach to ground |  | 30 seconds |

**GREAT FORM AND YOUR BEST=5 POINTS**