

# 30 MINUTE CORE WORKOUT



**3 SETS EACH**

**Plank Knee Taps -- 1:00**

**Toe Touch Sit Ups-- 1:00**

**Glute Bridge to V Ups-- 1:00**

**Circle Leg Abs-- 1:00**

**Russian Twists-- 1:00**

**Get Ups-- 1:00**

**Plank Rolls-- 1:00**

**Prone Swimmer-- 1:00**

**Cross Leg Flutter-- 1:00**

**Knee to Elbow-- 1:00**

**Core Rotation Plank-- 1:00**