



# 10-MINUTE CORE WORKOUT

<b>RIGHT SIDE</b>	<b>20 SEC MOVE</b> MOUNTAIN CLIMBER SLIDES	] X2
	<b>10 SEC HOLD</b> CROSSBODY MC HOLD	
<b>RIGHT SIDE</b>	<b>20 SEC MOVE</b> SIDEBODY V UPS	] X2
	<b>10 SEC HOLD</b> SIDEBODY V UP HOLD	
	<b>60 SEC</b> FOREARM PLANK	
<b>LEFT SIDE</b>	<b>20 SEC MOVE</b> SIDEBODY V UPS	] X2
	<b>10 SEC HOLD</b> SIDEBODY V UP HOLD	
<b>LEFT SIDE</b>	<b>20 SEC MOVE</b> MOUNTAIN CLIMBER SLIDES	] X2
	<b>10 SEC HOLD</b> CROSSBODY MC HOLD	
	<b>30- 60 SEC</b> REST AND THEN REPEAT FROM START	

## Mountain Climber:

Put both hands and knees on the floor. Place your right foot near your right hand and extend your left leg behind you. In one smooth motion, switch your legs, keeping your arms in the same position. Switch your legs back and forth twice, such that your right leg is again close to your right hand.

## Cross-Body Mountain Climber:

Start in a high plank position, wrists under shoulders, core engaged so body forms a straight line from heels to ankles. Bring right knee in toward left armpit, then return to starting position. Bring left knee in toward right armpit, then return to starting position. Repeat.

## Side-Body V-Up:

Lie on your left side, legs angled 30 degrees from your hips. Rest your left arm on the floor and put your right hand behind your head (a). Lift your straight legs off the floor, bringing your torso toward your legs (b). Slowly return to start.