

# CORE X

10 Exercises  
30 Seconds Each



**Running V Sit**



**Superman**



**Australian Crawl**



**Push Up Into Side Plank**



**V Sit Flutter Kicks**



**Side Plank Leg Lift**

(keep leg moving)



**V Sit Scissor Kicks**



**Supine Plank Leg Lift**

(keep leg moving)



**Rockies (sets of three x3)**

Push into clap x3, rest in up position



**2<sup>nd</sup> Side Plank Leg Lift**

(keep leg moving)

