HARD Core workout

Warm up:

* Leg raises with yoga ball
* Toe to bar on chin bar
* Foam roll

Sets, Reps, Weight

THERE ARE FIVE SETS TO THIS WORKOUT, FOR EACH SET (EXCLUDING THE FIRST SET) I USED A 10KG WEIGHT PLATE.

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| --- | --- | --- |
| SET NUMBER | REPS PER EXERCISE | WEIGHT USED |
| 1 | 12 | 7KG |
| 2 | 12 | 10KG |
| 3 | 8 | 10KG |
| 4 | 10 | 10KG |
| 5 | 8 | 10KG |

The Workout

* Reverse crunches with weight
* Alternate knee to elbow crunches (I completed 20 for a mix of endurance, but 8-12 is completely fine)
* Russian twists with weight
* Raised leg crunches with weight (On bench)
* Leg raises (Normal or with ball)
* Side lying flutter kicks (Right and left side)

Cool down:

* Static stretches