

CORE FOUR - WEEK 1 & 2

| Week | Low Crunches | Oblique Crunches | Dead bugs | Crunch pulses | Session | | | |
|------|--------------|------------------|-----------|---------------|---------|---|----|---|
| | | | | | 1 | 2 | 3. | 4 |
| 1 | | | | | ✓ | | | |

| Week | Elevated 4 point kneeling | Bird dog | Ankle taps | Reverse crunches | Session | | | |
|------|---------------------------|----------|------------|------------------|---------|---|----|---|
| | | | | | 1 | 2 | 3. | 4 |
| 2 | | | | | | | | |

Set your timer: Beginner 30s/ Intermediate 40s/ Advanced 50s
 Aim to complete 4 rounds of your weekly exercises 4x per week

CORE FOUR - WEEK 3 & 4

| Week | Butterfly sit ups | Crab ankle taps | Russian twists | Plank climbs | Session | | | |
|------|-------------------|-----------------|----------------|--------------|---------|---|----|---|
| | | | | | 1 | 2 | 3. | 4 |
| 3 | | | | | ✓ | | | |

| Week | Plank walk outs | Side plank (R) | Side plank (L) | Alternate leg extensions | Session | | | |
|------|-----------------|----------------|----------------|--------------------------|---------|---|----|---|
| | | | | | 1 | 2 | 3. | 4 |
| 4 | | | | | | | | |

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