

WORKOUT LOG

Online Video Workout - Core Progressions

Focus: Focus on body weight movements to strengthen core. Coronavirus edition!

Date: 5/1/2020

Duration: 30 mins/40 mins

Warm Up: 5

	Exercise	Reps/Time	Rest	Sets	Duration
CW	Arm Circles	30 secs	0	2	5
	Cross Body Reach	30 secs			
	Squats	30 secs			
	Crunches	30 secs			
	Bridge Pulse	30 secs			

Work Out: 30

	Exercise	Reps	Rest	Sets	Duration
C1	Straight Arm Crunch	45 secs	15 secs	2	6
	Straight Arm Sit Up				
	Weighted Straight Arm Sit Up				
C2	Boat Pose	45 secs	15 secs	2	6
	Russian Twist				
	Russian Twist Overhead Press				
C3	Swimmer	45 secs	15 secs	2	6
	Superman				
	Superman Weighted Arm Sweep				
C4	Plank	45 secs	15 secs	2	6
	Plank Pike				
	Plank Pike Opposite Toe Tap				
C5	Reverse Crunch	45 secs	15 secs	2	6
	Reverse Crunch to V				
	Reverse Crunch Wipers				

Cool Down/Stretching: 5.5

	Exercise	Reps	Rest	Sets	Duration
1	Bridge	15 secs	15 secs	2	1
2	Lying Rotational	15 secs ea side	15 secs	2	1.5
3	Downward Dog	30 secs	15 secs	2	1.5
4	Child's Pose	30 secs	15 secs	2	1.5