



Workout #1 by Ariana: Core

The Warm-Up:

- Running in Place x 30 sec
- Alternating Side Lunges x10 reps
- Jumping Jacks x 30 sec
- Groin-Hammi Stretch x10 reps
- High Knees x 30sec
- Squats x10 reps
- Mountain Climbers x30 sec
- Glute Bridge x10 reps
- Jump Twists x 10 reps
- Burpees x10 reps

The Workout:

Perform each exercise for 30 sec

Repeat circuit 3 to 4 times

- Russian Twist
- Plank Hip Dips
- Straight Leg Crunches
- Leg Lifts
- Tuck Crunch
- Inch Worm
- Bicycle Crunches
- Scissors
- Oblique Crunches
- Plank

The Cool-Down:

- Slow Butt Kicks x 30 sec
- Arm Circles x 20 (10 each direction)
- Standing Quad Stretch x 60 sec (30 sec each side)
- Standing Forward Fold x 30 sec
- Kneeling Hip Flexor Stretch x 30 sec
- Lying Knee to Chest Stretch x 60 sec (30 sec each side)
- Cat Cow x 30 sec
- Child's Pose x 30 sec