

10 Minute Core Workout

1) Standing Oblique Crunch

Start with legs shoulder width apart, plant right leg on the ground, right hand on hip, left arm up in the air. Lift left foot off ground and lower your left elbow & raise your left knee at the same time. Feel the crunch thru your obliques. Try to keep left leg off ground and balance only on right leg. Switch sides.

If balance is too much, touch your toe to the ground. For extra resistance, add a dumbbell.

2) Single Knee Crunch

Start in a lunge position with right leg forward. Raise both hands above your head. Use your core to pull your back leg (left leg) forward and lower your arms at the same time. Focus on balance and engaging the abs. Do the move as quickly as you can. Switch sides.

For extra resistance, add dumbbell in between hands.

3) Bridge with Marching

Lay on mat, knees bent, back and arms flat on the floor. Flex your glutes and tuck your abs & raise up into a bridge position. Bring your right knee towards your head and then lower right foot back on ground. Do the same with your left leg. March back and forth focusing on balance and keeping your glutes as tight as you can.

4) Jab – Cross – Jab – Knee

Start with legs shoulder width apart, right foot forward. Make fists with your hands and keep your guard up by your face. Turn your head and torso to the right, and punch forward with right arm (jab). Still facing towards the right, twist your left leg forward, and punch with left arm (cross). Then punch forward with right (jab). Then pull your right knee up towards your right elbow. Then repeat! Switch sides.

WORKOUT RX

Do each exercise for 1 minute. In exercises where you must switch sides (every one except #3) switch sides after 30 seconds. Once you complete the 4 exercises, take a 30 second break. Repeat 2 times.

