

Core Program 2

**All 50 reps*

Normal Crunch

Streamline Crunch

Raised Straight Leg Crunch

Plank (1:00 min)

Alternating Leg Raises

Alternating Toe Touches

Jack Knife

Plank (1:00 min)

Bike

Pelvic Lifts

Streamline Crunch

Plank (1:00 min)

20-20-20-20's

Plank (1:00)