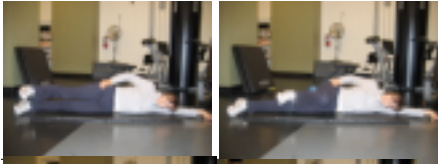

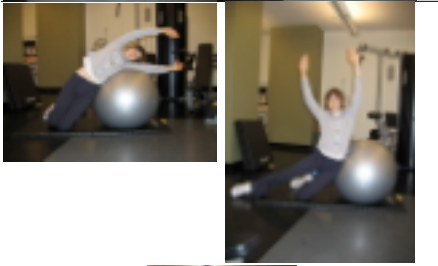





25 Minute Core Conditioning Workout

Warm-up

Brief cardio warm up (if you do not have cardio workout) 5 min

Exercises					
Name	Picture		Sets	Reps	Description
Lying Bicycle			2	12	Lying on your side, hips stacked one on top of the other, belly button in contracted. Peddle Bike with top leg by bringing knee into leading with heel as you extend leg behind you v motion). The only thing that should b rest of the body.
Hip Rotation			2	12	Start on all fours in table top position, back flat. Bring one leg up and place other leg(ball squeezed in between calf and hamstring is opti ball start with a towel).Lift leg while opening u
Half Moon on Ball			2	12	Press hip into ball while kneeling and extending arms straight up toward the c
Bent over row			2	12	Bending at the waist, back is flat. Use the back muscles to lift bumbells or w chest. Lead with the elbows and squeeze shoulder blades to stand on one leg.Then to increase difficulty more
Side leg lift			2	12	Kneeling on one knee, place the hand on that side down on the matt. Lift leg should feel it in the outer hip and outer thigh.
Bridge w/ tricep extensions over			2	12	Lying on back with knees bent, squeeze glutes and lift hips toward ceiling u staight line from knees to shoulders. Optional: extend arms over a weighted ball. Drop hands w/ weight slight elbows in a stationary position (wc

Stretch