A cheeky home workout for you, don’t worry, bigger things are coming. Just focus on strengthening that core today.

**Inchworms**
- 3 sets
- 8 reps
- 60 sec rest
Start out by inching your way towards abs!

**Bicycles**
- 100 reps
- 1:00 rest
Drop and give me 100!

**Double Side Jackknifes**
- 4 sets
- 16 reps
- 60 sec rest
2 sets per side per set! Nail it!

**Plank Knee to Elbow**
- 3 sets
- 20 reps
- 60 sec rest
10 reps per side per set!

**Flutter Kicks**
- 100 reps
- 1:00 rest
Another 100 for ya!

**Hollow Body Rock Hold**
- 3 sets
- 20 secs
- 30 sec rest
Easy, right?

**Weighted Russian Twists**
- 3 sets
- 24 reps
- 60 sec rest
12 reps per side per set!

**Alternate Heel Touchers**
- 100 reps
- 1:00 rest
Finish up with these. Oh yeah!
**Inchworms / Walkouts**

Primary muscle group(s):
Abs, Glutes & Hip Flexors, Lower Back

Secondary:
Biceps, Calves, Chest, Forearms, Shoulders

Stand tall with your legs extended straight.
Bend over from the hips and touch the floor with your palms flat on the floor.
Keep your legs straight as you walk your hands as far forward as you can. Don’t let your hips sag.
Take small steps and walk your feet to your hands.
Continue for the desired amount of repetitions and then straighten up to the starting position.

**Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches**

Primary muscle group(s):
Abs, Obliques

Secondary:
Glutes & Hip Flexors, Quadriceps

Lie flat on an exercise mat on the floor keeping your lower back straight with no arching of your spine and with your knees bent and feet flat on the floor.
Place your hands lightly on the sides of your head.
Curl your torso upwards so your shoulders are slightly raised off the floor.
Raise your knees until your thighs are at a right angle to the floor and your calves are parallel to the floor. This is the start position.
Slowly move your legs in a pedaling action as if you are riding a bicycle.
As you do so, exhale and bring your opposing elbow close to each knee by crunching to one side. Left elbow to right knee. Right elbow to left knee.
After each crunch, return to the start position inhaling as you do so.
Without pausing, repeat the movement to the other side.
Repeat without pausing for the desired number of repetitions to each side.

⚠️ Do not use your hands to pull your head and neck up during this exercise. Doing so may cause injury. Concentrate on a slow rhythmic cycle from side to side with perfect form for each repetition.
Double Side Jackknifes

Primary muscle group(s):
Abs, Obliques
Secondary:
Glutes & Hip Flexors

Bring yourself to the ground and lie on your left side. Be sure to stack your feet.
Place your left hand on your side while raising your right arm above your head so that the elbow is pointing towards the sky.
Focusing all of the tension and contraction in the obliques, bring your feet up while you raise your upper body. Lead with the right elbow.
Hold the contraction and slowly return to the starting position. Do not allow your feet or shoulder to touch the ground.
Repeat.

Plank Knee to Elbow

Primary muscle group(s):
Abs, Glutes & Hip Flexors
Secondary:
Obliques, Shoulders

Lay face down on the ground with extended legs.
Point your toes while you place your hands beneath your shoulders.
Push yourself up into the plank position.
Maintaining a tight core and flat back, bring your left knee to your right elbow.
Pause and slowly return each to the starting point.
Repeat with the other side and keep alternating.
Flutter Kicks

Primary muscle group(s):
Abs

Secondary:
Glutes & Hip Flexors

Lie on a mat with your hands under your buttocks and raise your legs slightly, keeping knees straight and ankles together.
Keep abs engaged and perform short kicks in an alternating fashion.
Repeat as needed and then lower legs to the ground.

Hollow Body Rock Hold

Primary muscle group(s):
Abs

Lie down on a padded surface. Have your arms extended above your head with your feet straight out in front of you. Point the toes down and forward.
Begin the movement by contracting the core. Simultaneously, move the hands and feet up. Keep the legs and arms straight.
With your gaze straight ahead, bring your chest and legs off of the ground, focusing all of the tension in your core. Hold this position for as long as you can. Afterward, slowly return to the starting position.
Weighted Russian / Mason Twists

Primary muscle group(s):
Abs, Obliques

Secondary:
Biceps, Forearms, Lower Back

Sit on an exercise mat with your legs fully extended and your upper body upright.
Grip a weight plate between both hands.
Hold the plate out in front of your abdominals keeping your arms bent slightly.
Cross your your ankles and raise them off the floor slightly.
Bend your knees towards you slightly.
Lean back about 15 degrees to balance your body. This is the start position.
In a smooth motion, turn your torso to the left and touch the plate on the floor. Make sure you exhale as you do this.
Return to the start position inhaling as you do so.
Repeat the same movement, this time to your right side, again exhaling as you do so.
Return to start position and repeat.

When performing this exercise, use smooth controlled movements. Jerking or using momentum to swing the weight can cause serious lower back injury.
Alternate Heel Touches / Lying Oblique Reach

Primary muscle group(s):

Obliques

Secondary:

Abs

Lie on an exercise mat, with your back flat, knees bent and your feet flat on the floor slightly wider than shoulder-width apart.

Fully extend your arms down the side of your body, palms facing in. This is the start position.

Exhaling, crunch your torso forward and to the right until you can touch your right heel with your right hand. Hold for a count of one.

Return to the starting position smooth motion, inhaling as you do so.

Repeat the movement, this time to your left side.

When you have completed the movement on both sides, you have done one repetition.

Repeat.