

Core training program

Routine 1

Standard difficulty level

1. Front plank - 1 minute
2. Side plank - 45 seconds per side
3. Glute bridge - 1 minute
4. Hurdles - 1 minute per side
5. Superman back lifts - 1 minute
6. Supine plank - 1 minute
7. Single-leg deadlifts - 45 seconds per leg
8. V-sits - 20 seconds each of running, flutter kick, scissor kick