

Core training program
Routine 2
Advanced difficulty level

1. Plank circle - 90 seconds
2. Side plank with hip abduction - 1 minute per side
3. Single-leg glute bridge - 1 minute per leg
4. Hurdles - 90 seconds per side
5. Australian crawl - 90 seconds
6. Supine plank with leg raises - 90 seconds
7. Single-leg deadlifts (1 minute per leg)
8. V-sits - 30 seconds each of running, flutter kick, scissor kick