

Mid Body Workout

Core Crunch Challenge

1. Scissors (2 Kicks counts as 1)
2. Sit Up Cross Over (Right)
3. Sit Up Cross Over (Left)
4. Crunch Knees Bent
5. Dish Knee Touch
6. Leg Lift
7. Toe Tap
8. Side Plank Twist (Right)
9. Side Plank Twist (Left)
10. Plank Toe Taps (10 on each foot)

1 Month Challenge!

Complete 10 of each exercise with no rest in between.

Complete the sequence 3X every day back to back with 90 Seconds rest between sets for 1 month.