

STRAIGHT TO THE CORE

Cobra Abdominal Stretch



0:30
rest

2 sets 30 secs 20 sec rest

Take a minute just to open up those abs, look straight up at the sky/ceiling and imagine the stars above.

Backward Camel Stretch



0:30
rest

2 sets 12 reps 30 sec rest

Open and close that lower back, like a cat does after an amazing, post-workout slumber.

Bear Crawls

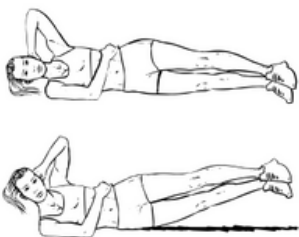


0:30
rest

3 sets 16 reps 45 sec rest

Take 16 total steps towards that mountain peak!

Double Side Jackknives



0:30
rest

4 sets 20 reps 45 sec rest

Hit 2 sets per side! Don't just favor one side, this will leave the other side in a self-conscious state.

Reverse Crunch



0:30
rest

3 sets 15 reps 30 sec rest

Make sure to have your yoga mat or towel here for a bit of comfort.

Russian Twists



0:30
rest

4 sets 30 reps 30 sec rest

Go for 15 reps per side per set. Twisty.

Standing Cross-body Crunches



0:30
rest

2 sets 30 secs 45 sec rest

Go at it, non stop, for 30 seconds per set. Build up a little sweat here, and build those solid lower abs.

Knee-to-Chest Lower Back Stretch



0:30
rest

2 sets 30 secs 20 sec rest

Some more knee love. Give them a hug and stretch out those glutes.

Scorpion Stretch



2 sets 30 secs 20 sec rest

Check out the instructions for this one! Lay, on each side, for 30 seconds. You've made it!