



October Week # 4

Core Creator

There's no reason we can't have nice strong and flat abs during the fall, so let's work these puppies until our stomach hurts! For those of you that like a good core session, this one is for you. You will not only feel the burn during the workout, but if you work really hard, you'll be thinking of me when you laugh for a day or two after.

Warm-Up

- 2 minutes of jump rope.

Workout - 50/10

- Jump rope
- Mat Jumps side to side – In a high (on hands) or low (on elbows) plank position, jump your feet from the left side to the right side of the mat.
Modification – Walk your feet from left to right
- Alternating opposite toe touch with weight in hands – Start by lying flat on your back with your arms and legs extended. While holding a weight in your hands, lift your arms and leg towards each other and have them meet in the center of your body. Alternate your legs, and do your best to keep your biceps beside your ears so you're not using momentum.
Modification – If this bothers your neck at all, please drop the weight, place your hands behind your head, and support your neck while doing this exercise.
- Mountain climbers – In a high plank position, alternate running your knees in towards your chest as fast as you can. Keep good posture (straight back) and your body forward (hands directly underneath your shoulders)
Modification – You can do this in a table top position, and still draw your knees in toward your chest as fast as you can.
- V-sit, bicycle legs and roman twist – Abs on steroids! Do all three things simultaneously. Watch the video to get a good idea of what you're doing.
Modification – Bicycles while lying on your back.
4x through

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching

Get sweaty and feel sexy!
ashley dale roy