



(25 minute) 500 Rep Core Crusher

I have had a lot of requests for a killer core workout, so here you go my friends ☺

What you will need:

- Nothing but a mat

Workout:

- We have 5 moves we will be working through. We will perform one rep of each move, then 2, then 3 and so on until we reach 10 reps. We will take a quick water break and the work our way back down from 10 to 1. This one is a burner for sure!

Circuit 1

- **Classic Crunch**
- **Bicycle Crunch to Your Left**
- **Bicycle Crunch to Your Right**
- **Double Leg Lift**
- **Full Sit Up**

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!
Kaylie Ginn



(25 minute) 500 Rep Core Crusher

Make today badass!
Kaylie Ginn