



## 22 Minute Core Focused Full Body Strength Workout

Hey Babe, today's workout will be really focusing on building a strong core, while also being sure to work the shoulders, back and quads.

### What you will need:

- Slam Ball and a Mat

### Warm-Up:

- 30 jumping jack, 5 burpees, 20 jumping jacks, 5 burpees, 10 jumping jacks, 5 burpees

### Workout:

- Our workout today is going to all be on the mat. We are working the full body, but focusing on building core strength. You have 3 circuits, each with 2 moves. You will repeat each circuit 3 times through. 45 seconds on 15 seconds off.

#### Circuit 1

- **Ball Slams from Knees** – a classic ball slam, but today we are on your knees to really focus on core and upper body strength
- **Camel with Shoulder Press** – On your knees sit up nice and tall, pull your core in tight to protect your low back. Slowly with control lean back until you feel a pull on your quads. Carefully return to starting position and perform a shoulder press.

#### Circuit 2

- **Walk Outs to Push Up** – Starting in a standing position, bend forward and walk yourself out into a plank position and perform one push up from your knees or toes. Return to starting position.
- **Table Top Extensions** – In a table top position (hands and knees on the floor, neutral spine) pull your belly button in tight to help with balance. Now extend your right arm out in front of you and your left leg behind you. Pause for a second return to starting position and switch sides.

#### Circuit 3

- **Plank to Down Dog with Rotations** - In a plank position, lift your bum towards the sky while driving your heels towards the floor (down dog) Return to plank position and rotate into a side plank on your left, return to centre, now rotate to your right.
- **Superman** – Lay down on your stomach, with your arms reached out in front of you. Lift your arms, chest, and thighs up off the mat lift only your tummy touching the ground. Hold for a pause, and return to starting position.

### Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!  
Kaylie Ginn



## **22 Minute Core Focused Full Body Strength Workout**

Make today badass!  
Kaylie Ginn