

CHALLENGE 2 CORE

you need : towel, waterbottle

optional : mat, chrono



HEALTHGUIDE

Sequence : warm-up for at least 5 minutes
perform the challenge x 2 for a 30-40 minute workout
cooldown and stretching for at least 5 min

In these countdown challenges you will push yourself to the limits to try improving your time, targeting full body but focus on core.

Perform once a month to monitor progress.

Take as much rest as you need in between or during the repetitions

50 COUNTDOWN

50 high knees

50 mountain climbers

40 bird dogs (20 each side)

40 ankle taps (count both sides)

30 sumo squats

30 side plank reaches (15 each side)

25 superman

25 ab-bikes

20 spiderman plank

20 sit-ups (straight or bend legs)

15 burpees

15 russian twist (count one side)

10 leg raises

10 squat-tuck jumps

3 push-ups

2 burpees

1 min plank