

UFIT Workout 15

KILLER CORE WORKOUT

25 crunches- feet on floor

25 crunches- knees at 90 degrees

25 crunches- legs straight up

30 second plank

25 bicycles crunches

25 reverse crunches

25 Russian twist

25 heel touches

25 full sit ups

1 minute plank

25 standing side oblique crunches on each side

Repeat 1-3 rounds