

HIIT-TABATA Core

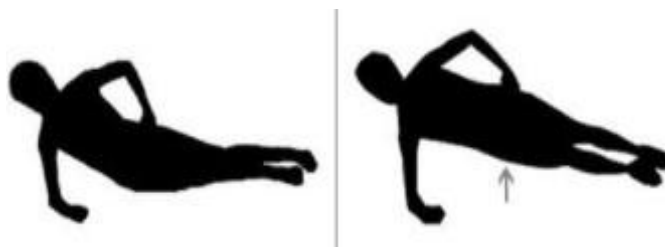
PLANK WITH ROW

Start in a high plank position with a dumbbell in each hand, row one arm up while maintaining your plank position and stability, lower your arm and repeat, alternating arms.



SIDE PLANK WITH DIP

Lay on your side with your legs extended, place your elbow on the floor or mat in line with your shoulder, stack your feet on top of each other and raise your body up to create a straight neutral line, then dip your hips down toward floor or mat, then rise again – repeat on each side



BICYCLE CRUNCH

Lay on the floor with your knees bent and back and feet flat to the ground, place your hands gently behind your head. Start by doing a reverse crunch raising your feet off the ground keeping your knees bent. Then try the bicycle peddling movement with your legs – bringing one knee up towards your armpit while straightening the other – Next you will lift your right shoulder blade and elbow off the floor and twist your torso towards the opposite (left knee) – try to touch your right elbow to your left knee – then as you straighten your left leg you will twist and bring your left elbow to your right knee – repeat in smooth motion, engaging core muscles



WALK OUT PLANK WITH JACK

Start from a standing position, bend at the hips and knees until you can place both hands onto the floor/mat. Walk your hands out while keeping your feet stationary. The movement is complete once you achieve a high plank position – Then hop your feet out to the side (similar to a jumping jack), then back in again – complete 1-4 jacks before walking your hands back towards your feet and standing up – then repeat

