

Core Blast Phase II

Make any notes you'd like, but be sure to record your progress where specified.

Warm-Up	1 min Jog in Place	Week 5 Notes:
	10 Basic Squats	
	30 Jumping Jacks	
	10 sec Ab Stretch (4x) - 10 sec rest	
	15 sec Cobra Pose (3x)	
	15 sec Cat Pose (3x)	
Main Workout	20 Squat & Presses w/ Dumbbells	Held Last Static Pike for _____ seconds
	30 Standing Crossover Crunches	
	15 Dynamic Side Planks, Left Side	Week 6 Notes:
	15 Dynamic Side Planks, Right Side	
	30 Basic Crunches	
	30 Reverse Crunches	
	15 Power Bridges	
	15 Shallow Power Bridges	
	20 Oblique Leg Twists	Held Last Static Pike for _____ seconds
	20 Cross Toe Touches (Right hand to Left toes)	
	20 Cross Toe Touches (Left hand to Right toes)	Week 7 Notes:
	15 Kick-Out Kick-Up	
	45 sec Static Pike	
	10 sec Child's Pose	
	45 sec Static Pike	
10 sec Child's Pose		
45 sec *plus* Static Pike (Hold as long as you can and record)	Held Last Static Pike for _____ seconds	
15 sec Cobra Pose (3x)		
Cool-Down	15 sec Cat Pose (3x)	Week 8 Notes:
	10 sec Ab Stretch (4x) - 10 sec rest	
	30 sec Relaxation Pose	
		Held Last Static Pike for _____ seconds