

Core Blast Phase III

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

Warm-Up	1 min Jog in Place	Week 9 Notes:
	10 Hands Overhead Squats	
	30 Jumping Jacks	
	10 sec Ab Stretch (4x) - 10 sec rest	
	30 sec Lying Groin Stretch	
	15 sec Cobra Pose (3x)	
Main Workout	15 sec Cat Pose (3x)	Held Last Static Pike for _____ seconds
	30 Hindu Squats	
	30 Standing Crossover Crunches	Week 10 Notes:
	30 Basic Crunches	
	20 Reverse Crunches	
	30 Scissor Kicks	
	20 Cross Toe Touches (Right to Left)	
	20 Cross Toe Touches (Left to Right)	
	15 Power Bridges	
	20 sec Power Bridge (Left Leg Up)	
	20 sec Power Bridge (Right Leg Up)	
	30 Basic Crunches	
	20 sec Boat Pose (Left Leg Up)	
	20 sec Boat Pose (Right Leg Up)	
	40 sec Boat Pose	
	15 Kick-Out Kick-Up	
	5 Cat Pose	
	2 min Static Pike	
10 sec Child Pose		
20 Dynamic Side Plank (Left Side)		
20 Dynamic Side Plank (Right Side)		
Static Pike (Hold & Record)		
10 sec Child Pose		
4 Superman's		
20 Swimmer's		
4 Superman's		
Cool-Down	15 sec Cobra Pose (3x)	Week 11 Notes:
	15 sec Cat Pose (3x)	
	10 sec Ab Stretch (4x) - 10 sec rest	
	30 sec Relaxation Pose	
		Held Last Static Pike for _____ seconds
		Week 12 Notes:
		Held Last Static Pike for _____ seconds