

RESET!

Workout of the Day



Core Level 2 – by Paige Nenstiel, York Branch YMCA

Equipment: None

Complete exercises 1-4 in succession, rest 1 minute, and repeat for a total of 4 sets.

Round timing is 45:15 (work:rest)

- Exercise 1: Mountain climbers
- Exercise 2: Hip bridge hold
- Exercise 3: Plank jacks
- Exercise 4: Bicycle crunches

Finisher: Plank pyramid (option on knees). Perform a plank for the following time.
Rest: 10-20 sec. in between.

- :30 plank, :45 plank, :60 plank, :45 plank, :30 plank