

Single Minute Core Workout (takes approximately 20 minutes)

Rest for 15 seconds after each exercise

Repeat the set 2 times

1 minute - mountain climber

1 minute - high plank to low plank repeater

1 minute - side crunches on the left side

1 minute - side crunches on the right side

1 minute - mountain climber

1 minute - side dip on the left side

1 minute - side dip on the right side

1 minute - bicycle crunches

