



120



Thursday Core

Get after it!

1. 10: Stand- Same Elbow to Knee (Wide)
2. 10: V-Sit- Left Leg V-up
3. 10: Hands- Jacks
4. 10: Back- Opposite Toe Touch
5. 10: Leg Lifts- Flutter Kicks
6. 10: Elbows- Hip Tips
7. 10: Stand- Twists
8. 10: V-Sit- Right Leg V-up
9. 10: Hands- Hand to Opposite Foot
10. 10: Back- Bicycles
11. 10: Leg Lifts- Lifts w/ Feet Wide
12. 20s: Elbows- Hold