

15 Minute Core Centered Workout

Core is everything! It is our power foundation. This workout is concentrated around core building exercises. Mixed with cardio it gives you best results faster.

Instruction:

I recommend to warm up before this workout by jogging in place for a few minutes or using my Warm up routine. Using an interval timer perform each exercise for 30 seconds followed by 15 seconds rest.

If you are a beginner take longer break as necessary, use modification of exercises.

If you are advanced try to increase work time interval by 5-10 seconds and decrease rest time intervals by 5-10 seconds accordingly. Or perform 2 or more rounds for a longer workout.

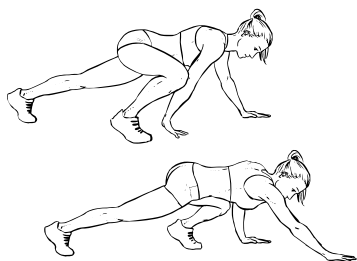
Exercises in this workout:

- Bear Crawls
- Bicycles
- Burpees
- High Knees
- V ups
- Mountain Climbers
- Plank Jacks
- Jump Rope
- Knee to Elbow
- Jump Rope
- Plank Leg Lifts
- Jump Rope
- Side Plank
- Standing Cross-body Crunches
- Side Plank (the other side)
- Jump Rope
- Spiderman Push Ups
- Jump Rope
- Plank to Push Up
- Jump Rope

15 Minute Core Centered Workout

Abs, Arms, Chest, Legs, Shoulders

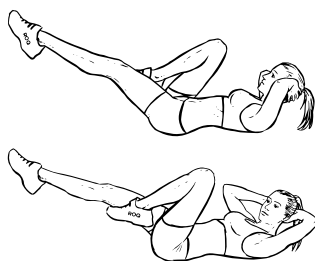
Bear Crawls



1 sets 30 secs

15 seconds rest

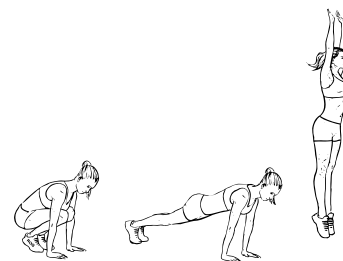
Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches



1 sets 30 secs

15 seconds rest

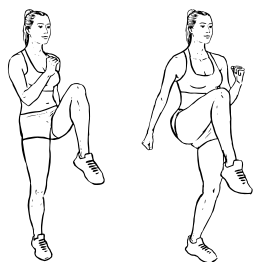
Burpees / Squat Thrusts



1 sets 30 secs

15 seconds rest

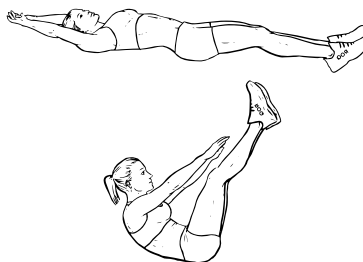
High Knees / Front Knee Lifts / Run / Jog on the Spot



1 sets 30 secs

15 seconds rest

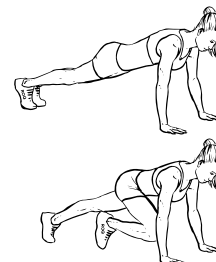
Jackknife Sit-up / Crunch / Toe Touches



1 sets 30 secs

15 seconds rest

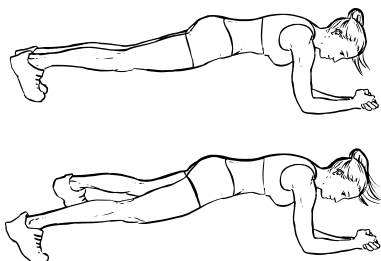
Mountain Climbers / Alternating Knee-ins



1 sets 30 secs

15 seconds rest

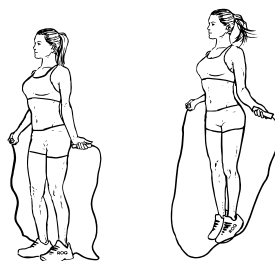
Plank Jacks / Extended Leg



1 sets 30 secs

15 seconds rest

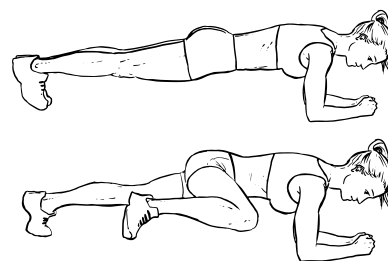
Rope Jumping / Jump rope / Skipping



1 sets 30 secs

15 seconds rest

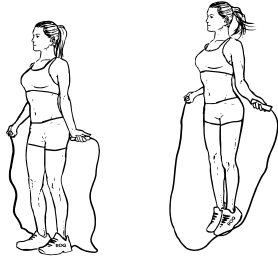
Plank Knee to Elbow



1 sets 30 secs

15 seconds rest

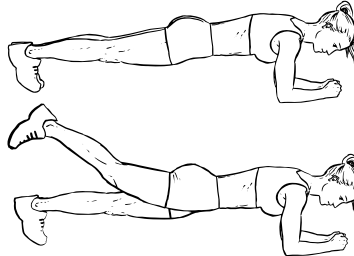
Rope Jumping / Jump rope / Skipping



1 sets 30 secs

15 seconds rest

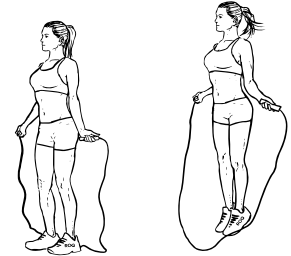
Plank Leg Lifts



1 sets 30 secs

15 seconds rest

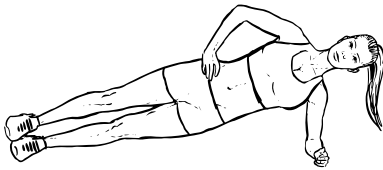
Rope Jumping / Jump rope / Skipping



1 sets 30 reps

15 seconds rest

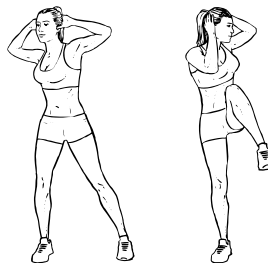
Side Plank



1 sets 30 secs

15 seconds rest

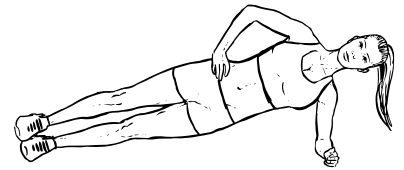
Standing Cross-body Crunches



1 sets 30 secs

15 seconds rest

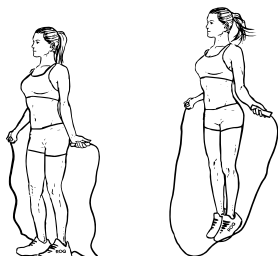
Side Plank



1 sets 30 secs

15 seconds rest

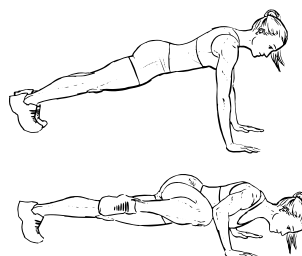
Rope Jumping / Jump rope / Skipping



1 sets 30 secs

15 seconds rest

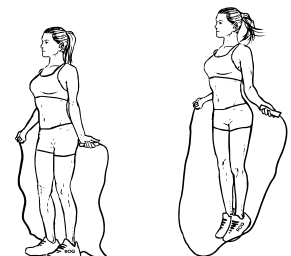
Spiderman Push-ups / Pushups



1 sets 30 secs

15 seconds rest

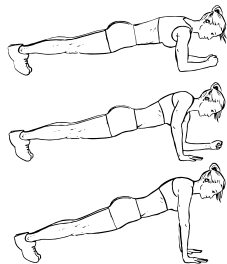
Rope Jumping / Jump rope / Skipping



1 sets 30 secs

15 seconds rest

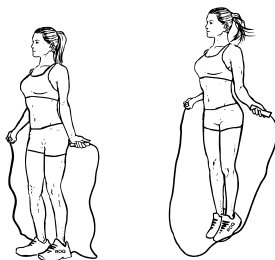
Plank to Push-Up / Pushups /
Walking Plank Up-Downs



1 sets 30 secs

15 seconds rest

Rope Jumping / Jump rope /
Skipping



1 sets 30 secs

15 seconds rest