

- Plank (60 seconds)
 - Side Plank (45 seconds each)
 - 15 press ups (down slow up fast)
 - 15 Supermans (all fours, raise opposite leg and arm to straight, hold for 5 secs, use core to stay stable)
 - 10 one legged squats each leg
 - 10 jumping squats (jump in the air, land in squat, hold for 5 secs, jump, straight back into squat)
 - Plank with 8 arm extensions out to the side (just touch the ground as far as you can)
 - 8 hands to feet sit ups (bend in the middle, hips and shoulders off the floor)
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- plank on one leg (20 secs each leg)
 - 20 normal squats
 - 20 calf raises (flat feet to tiptoes, back down)
 - 20 one leg calf raises (up on both feet, back down on one. Keep yourself straight using core)
 - 20 sit ups.