

DO ANYWHERE WORKOUT

Core & More

Warm up for 3-5 minutes.
Complete parts A and B a total of 2x
before moving on to the next set.

Exercise	Duration	Notes
1A. Lunge with knee and twist	10x/side	
1B. Standing knee to elbow crunch	10x/side	
2A. Walkout with knee drives	5x	
2B. Full plank with knee drives	30 seconds	
3A. Extended leg hold with pull down	15x/side	
3B. Extended leg with pull down and knee drive	15x/side	
4A. Supermans	15x	
4B. Frog pressups	15x	
5A. Split leg corner crunch	15x/side	
5B. Bicycle crunches	30 seconds	

#MMFitness #MMFDoAnywhereWorkout

