

Abs-olutely Amazing Core Workout:

Perform 2-3 sets of each exercise, 10-12 reps total

1.



2.



Jackknives



Roll out



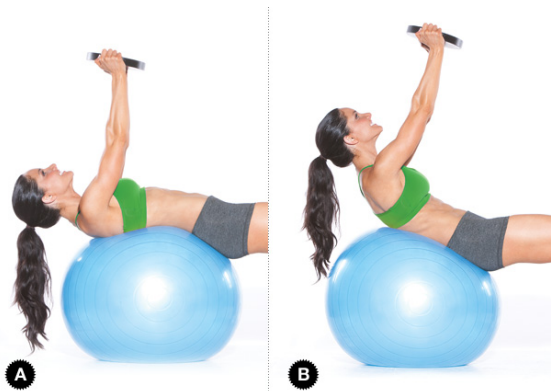
Ball Passover



Knee twists



Hip bridges



Weighted crunches



Reverse crunches