

The 10-Minute Core Workout

Crunch - 20x

Lift shoulder blades off of the floor



Penguin - 20x

Shoulders up and reach side to side



Flutter Kick - 10x

Legs straight and kick up/down



Plank - 30 seconds

Keep back straight and abs tight



Superman - 20x

Alternate lifting opposite arm and leg



Repeat 3 times



Health New England
Where you matter.

| Healthy Directions

The 10-Minute Core Workout

Reverse Crunch - 20x

Bring knees to chest and lift hips up



Side Plank - 15 seconds

Place elbow directly under shoulder/each side



Bridge - 20 seconds

Lift hips up and hold



High Plank with Shoulder Tap - 10x

Alternating opposite arm/shoulder tap



Bicycle - 10x

Alternate elbow to knee



Repeat 3 times



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| Healthy Directions

The 10-Minute Core Workout

Penguin - 20x

Shoulders up and reach side to side



Alternating Toe Touch - 10x

Legs up alternate opposite arm to foot



High Plank - 30 seconds

Keep back straight and abs tight



Side Plank - 15 seconds

Place elbow directly under shoulder/each side



Crunch - 20x

Lift shoulder blades off the floor



Repeat 3 times



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The 10-Minute Core Workout

Point In/Out - 10x

Extend legs out and keep abs tight



Hips Up - 20x

Lift hips up while keeping legs straight



Plank with Knees Out - 10x

Alternate bring knee to elbow, same side/each side



Bridge with Foot Out - 10x

Alternate hips up/down while leg straight up
Switch leg half-way through set



Bicycle - 10x

Alternate elbow to knee



Repeat 3 times



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The 10-Minute Core Workout

Side Plank - 15 seconds

Place elbow directly under shoulder/each side



Reverse Crunch - 20x

Bring knees to chest and lift hips up



Frog - 10x

Alternate knees to chest/legs out



Russian Twist - 10x

Sit in V position, alternate torso side to side



Plank with Leg Up - 10x

Plank position, alternate lifting leg up



Repeat 3 times



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The 10-Minute Core Workout

High Plank Cross Knee - 10x

Alternating bringing knee to opposite elbow



Flutter Kick - 10x

Legs straight and kick up/down



Side Crunch - 10x

Shoulders up and bring elbow to opposite knee/each side



Hips Up - 20x

Lift hips up while keeping legs straight



Superman - 20x

Alternate lifting opposite arm and leg



Repeat 3 times



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The 10-Minute Core Workout

Side Crunch - 10x

Shoulders up and bring elbow to opposite knee/each side



Crunch with Legs Up - 20x

Straight legs and lift shoulders off of the ground and crunch up



Alternating Toe Touch - 10x

Legs up and alternate reaching opposite arm to foot



Bridge - 20 seconds

Lift hips up and hold



Plank - 20 seconds

Keep back straight and abs tight



Repeat 3 times



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The 10-Minute Core Workout

Russian Twist - 10x

Sit in V position, alternate torso side to side



Toe Tap - 20x

Alternate bringing foot down while keeping opposite foot up



High Plank Leg Kick Backs - 20x

Alternate kicking leg back and bringing knee to chest



High to Low Plank - 10x

Transition from high plank to low plank using your upper body



Crunch - 20x

Lift shoulder blades off of the floor



Repeat 3 times



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