

Fit Bit Friday 176

The Iron Core Workout

****Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.****

Description: Do each of the moves below, one immediately after the next. If you do it right, your abs should be totally quivering near the end of each round! Take a few minutes rest, then repeat the whole thing again twice for a total of 3 rounds.

What to Do		Reps/ Time
Cardio of choice - Running, cycling, elliptical, etc.		20 mins
3x	Up-Down Planks - Start in high plank pose, hands under shoulders. Lower one hand at a time into low plank, then get back up one hand at a time into high plank. That's 1 rep.	10
	Windshield Wipers - Lie on your back with feet straight up in the air. Slowly lower both feet to the left so that your legs and torso form an L shape. (Hands can be out to your sides for support.) Lift them back up by engaging your core, then lower to the right side. That's one rep.	10 each side
	Alternating Balance Plank - Get into high plank pose, then lift your right foot and left arm, extending them fully with as much length as possible. Lower with control and do the same with the other arm/foot. That's 1 rep.	10 each side
	Russian Twist - Hold a medicine ball or heavy object in your lap while sitting up, legs bent in front of you and heels on the floor. Lower the ball to your left hip, then twist and lower it to the right. That's 1 rep.	20
	Back Flutterkick - Lie on your back with hands under hips, legs fully extended. Lift them about 2 inches above the ground and do flutterkicks as if you're swimming.	30s
	Super Slow Recliner - Sit up with legs together and knees bent in front of you, heels on the floor. Extend arms fully, fingertips pointing over your knees. As slowly as possible and with a tall spine, lower your upper body backward toward the mat until you're laying down.	1 very slow rep
	Rest 2-3 mins, then repeat.	2-3 mins
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