

20 MINUTE CORE TONING



Description: Core workout will strengthen and tone your abs, obliques, and lower back for a full core experience sure to improve posture and optimize performance.

Club Area: Abs & Stretching Area

Equipment Needed: Mat

Need Help?

All our exercises can be found on the PF App. Just click on 'Workouts' then 'Tutorials' and search for the exercise you want. It's that easy!



WARM-UP

30 sec each

:30
Trunk Twists

:30
Side Bends

:30
Toy Soldiers

:30
Jumping Jacks

MAIN WORKOUT

STANDING CIRCUIT

:40 Standing Toe Touches

+ **Modification** - Shorten your range of motion by just reaching your hand towards your foot

20 SEC REST

:40 Standing Knee to Elbow

+ **Modification** - Instead of extending your leg all the way out, keep it bent and tap your heel to the ground

20 SEC REST

:40 Standing Oblique Crunch (Right & Left)

+ **Modification** - Try doing these from a seated position and focusing on slowing down the movement

20 SEC REST

REPEAT 1X

GROUNDING CIRCUIT

:40 Modified V-Sit

+ **Modification** - Instead of raising both legs off the ground at one time, try alternating one at a time and still targeting those abs

20 SEC REST

:40 Russian Twists

+ **Modification** - Perform the movement with your feet flat instead of raised

20 SEC REST

:40 Plank Jacks

+ **Modification** - A good old fashioned forearm plank will do the trick and still work the core

20 SEC REST

:40 Mountain Climbers

+ **Modification** - Slow your pace and shorten your ROM but keep your core engaged throughout

20 SEC REST

REPEAT 1X

COOL-DOWN

30 sec each

:30
Knee Huggers

:30
Twisted Back Stretch

:30
Cobra to Child's Pose