

5 MINUTE CORE WORKOUTS

WORKOUT #1 JUST CORE-UGI STYLE

Length: 5-minutes

Level: Easy to Super Hard

Equipment: UGI Ball or Bosu

Remember your 3-point posture check:

- 1) Set the core (Belly button drawn in)
- 2) Shoulders relaxed and drawn back
- 3) Neck neutral (orange under chin)

1. *Plank + Alternating toe taps*
2. *V-Sit + alternating elbow drops*
3. *Myotatic crunch*
4. *V-Sit + windmill*
5. *V-Sit + UGI toss*
6. *Half crunch + heel drop*

To start

20 Repetitions of each exercise. Repeat twice.

To add intensity

Increase repetitions or do a third set.



1. *Plank + Alternating toe taps*



4. *V-Sit + windmill*



2. *V-Sit + alternating elbow drops*



5. *V-Sit + UGI toss*



3. *Myotatic crunch*



6. *Half crunch + heel drop*