

# CORE Complete WORKOUT

## SET 1

CRUNCH



SUPERMAN



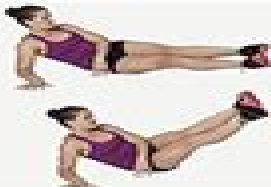
HEEL TOUCHES



TOE TOUCH



SIDE V CRUNCH



## SET 2

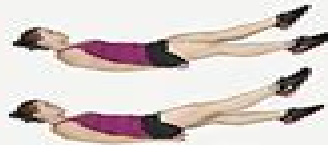
REVERSE CRUNCH



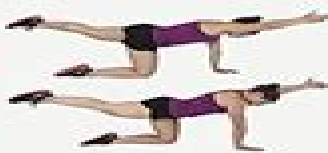
OBLIQUE CRUNCH



FLUTTER KICKS



BIRD DOG



MOUNTAIN CLIMBER



## SET 3

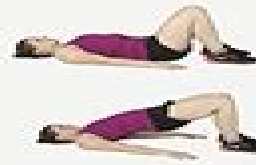
V CRUNCH



SIDE PLANK



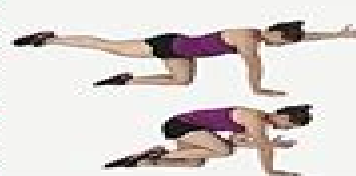
BRIDGE



PLANK



BIRD DOG KNEE TOUCH

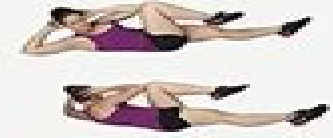


## SET 4

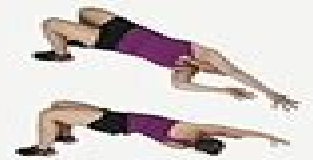
SIT UP



BICYCLE KICKS



BRIDGE AND REACH



HIP LIFT CRUNCH



RAISED LEG CRUNCH



### BEGINNER

10-15 REPS X 2 SETS

### INTERMEDIATE

10-15 REPS X 3 SETS

### ADVANCED

10-15 REPS X 4 SETS

### RESTS BETWEEN SETS:

1 MIN MAX



# The Complete Workout

**Christian G. Meyer**



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