



Perform these five exercises as a circuit, moving quickly from one exercise to the next.

Perform each exercise for 30 seconds each, 2 times through the set.

2 rounds

	Crunch	30 seconds 2 rounds
	Mountain Climbers	30 seconds 2 rounds
	Superman	30 seconds 2 rounds
	Russian Twist	30 seconds 2 rounds
	Crunchy Frog	30 seconds 2 rounds

Crunch

Begin by lying on the floor or a mat with your feet flat on the ground. Support your neck and slowly lift your shoulders off the ground, keeping your gaze directed towards the ceiling. Lower back to starting position and repeat.



Mountain Climbers

Hold yourself in high plank position with your shoulders over your hands. Run one knee in towards your elbow. Quickly, switch back and forth as if you were running.



Superman

Lie face down on a mat with your toes pointed down and arms resting on the mat above your head. Slowly raise your chest and arms off the mat, while simultaneously lifting your toes off the mat. Hold for 2-3 seconds then release back down.



Medicine Ball Russian Twist

Sit on the floor or a mat with your feet off the ground, ankles crossed and holding a medicine ball or dumbbell at your midline. Engage your core and lean back slightly, keeping your back in a neutral position. At a controlled speed, contract your abs and twist your torso to the left, bringing the medicine ball or dumbbell toward the mat, then twist and repeat on the right. For a less advanced option, keep your heels on the ground throughout the exercise.



Crunchy Frog

Sit on the floor or a mat with your feet hovering off of the floor. Slowly extend both legs out until they are straight and parallel to the floor. Simultaneously, move your arms out to the side and lean slightly back to balance your weight and engage your abs. Pull back into the tucked position and repeat. Make sure not to let your feet touch the ground.



Tracking Sheet (Print and track your progress here)

Check off each set you complete!

Exercise Name	Set 1	Set 2
Crunch		
Mountain Climbers		
Superman		
Russian Twist		
Crunchy Frog		