

# Cardio For The Core 3

## 8 Weeks

Weekly Progressions		
Weeks	Sets	Duration
Week 1	3	30 Seconds
Week 2	3	45 Seconds
Week 3	3	1:00 Minute
Week 4	4	30 Seconds

Weekly Progressions		
Weeks	Sets	Duration
Week 5	4	45 Seconds
Week 6	4	1:00 Minute
Week 7	5	1:00 Minute
Week 8	5	2:00 Minutes

## Day 1

Exercise	Sets	Duration
Sitting Alternating High Knee	3	30 Seconds
Sitting Russian Twist	3	30 Seconds
Sitting Upright Alternating Toe Tapping Leg Raises	3	30 Seconds
Dead-Bugs	3	30 Seconds

## Day 2

Exercise	Sets	Duration
Mountain Climbers	3	30 Seconds
Plank Jacks	3	30 Seconds

## Day 3

Exercise	Sets	Duration
Upright Alternating Leg Raises	3	30 Seconds
Side To Side Heel Taps	3	30 Seconds
Flutter Kicks	3	30 Seconds

## Day 4

Exercise	Sets	Duration
High Plank Crossover Knee To Elbow	3	30 Seconds
Spider Planks	3	30 Seconds
High Plank Side to Side Steps	3	30 Seconds