

Cardio For The Core

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
Feet Up Alternating Toe Taps	3	30 Seconds

Note: Perform all circuits with full ranges of motion

Day 2

Exercise	Sets	Duration
Mountain Climbers	3	30 Seconds
Plank Jacks	3	30 Seconds
High Plank Side To Side Steps	3	30 Seconds
Spider - Planks	3	30 Seconds
High Plank Crossover	3	30 Seconds

Note: If needed use a platform knee level or slightly above the knee