

Cardio For The Core 2

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: Circuit

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

Note: Perform all circuits with full ranges of motion

Day 2: Circuit

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

Note: If needed you can perform all exercises on hands

Day 3: Circuit

Exercise	Sets	Duration
Reverse Sitting Bicycles	3	30 Seconds
Side To Side Heel Taps	3	30 Seconds
Flutter Kicks	3	30 Seconds
Upright 6 Inch Abducting Leg Raises	3	30 Seconds