

Fitmart's Core Training Workout

<u>Exercise</u>	<u>Reps</u>	<u>Notes</u>
Sit Ups	15	
Side V-Ups	25	left side
Side V-Ups	25	right side
Back Raise on Ball	15	
V-Ups	25	
Side Plank Raise	25	left side
Side Plank Raise	25	right side
Spider Planks	25	each side
Bicycles	25	each side

(repeat above sequence)

<u>Exercise</u>	<u>Time</u>	<u>Notes</u>
Plank with one leg on the ball	30	left side
Plank with one leg on the ball	30	right side
Super Man	120	hold 12 sec rest 3 sec

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