



## 20 MIN CORE

Created by Andrew Jan 3rd, 2023

View at "my-exercise-code.com" using code: KKGQVH2



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### SUITCASE CRUNCHES

Sit on your butt and tuck your knees to your chest

Then extend your legs fully straight (don't let them touch the ground)

Open your arms wide and lean back, engaging your core to resist touching the ground on either side

Close the suitcase and return to starting position

Repeat 10 Times

Complete 3 Sets



### RUSSIAN TWISTS

Seated on a mat or carpet, lean back into a half sit-up

While holding the half sit-up, twist your torso side to side and touch the ground on either side

Flex the core to control the movement and resist falling backwards

Repeat 20 Times

Complete 3 Sets



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### LAZY CRUNCHES

Lie on your back with your feet flat against the ground

With your arms lying down to your sides, slide them forward and try to touch your heels.

Lift your upper body and shoulders off the ground and flex the core

Slowly control the way back down to lying flat.

Repeat 20 Times

Complete 3 Sets



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### CRUNCHES

Lying on your back, lift up your legs and bend your knees to 90°

Holding the back of your neck to avoid excessive arching, flex your core and crunch the elbows to the knees.

Slowly release the core and return to the starting position.

Repeat 20 Times

Complete 3 Sets



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### PENGUINS

Lying on your back with your feet flat on the ground

Flex your core and lift your shoulders off the mat or carpet

Then touch one heel at a time by side-bending your torso and "waddling" back and forth like a penguin

Keep your core engaged the entire time.

Repeat 20 Times

Complete 3 Sets