



WORKOUT SCHEDULE

WITH LANCHANA GREEN

CORE CRAZINESS

15-30 secs x Plank Hold

20 x Plank Jacks

15-30 secs x Left Side Plank

20 x Left Side Plank Dips

15-30 secs x Right Side Plank

20 x Right Side Plank Dips

15-30 secs x V-Sit Hold

10 x V-Ups

15-30 secs x Dish Hold

20 x Flutter Kicks

15-30 secs x Superman Hold

20 x Swimmers

PROGRESS NOTES

Equipment: None.

Rest Period: 1-2 minutes between rounds.

Rounds: 3-5.

**If your back starts to hurt regress the exercise eg:
drop down to your knees on the first 6 exercises
and tuck your knees closer to your chest for the
following 4 exercises.**