

## Team Core

This routine is distance running for our abs! So feel the burn! You know how they go, it is a continuous 5 minute routine, no resting in between!

### 5 Minute Drill #1: Mondays and Thursdays

- 1) crunches ( 1 min)
- 2) 360 plank (2 min – 30s front/30s side/30s back/30s side)
- 3) squirmies (1 min)
- 4) superman skydive (1 min – 30s superman/30s skydive)
- 5) star fish (1 min – 30 seconds each side)

### 5 Minute Drill #2: Wednesdays

- 1) crunches (1 min)
- 2) high knee push up hold ( 1 min)
- 3) Russian twist (Mason twist)
- 4) hollow hold/luge (1 min)
- 5) dead bugs (1 min)