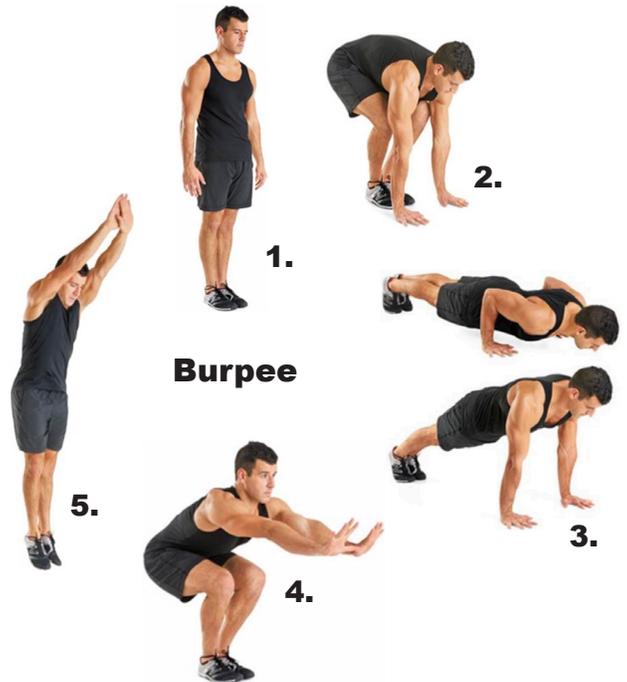


Discover. Connect. Belong.

Step 1: Two sets of 10 **burpees** - Stand with your feet shoulder-width apart, weight on your heels, and your arms at your sides. Push your hips back, bend your knees, and lower your body into a squat. Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. **Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core.** Bring your legs back in and explosively jump into the air reaching your arms overhead. Land and immediately lower back into a squat for your next rep.



Step 2: Two sets of **Russian twists** (12 to each side) - Sit on the floor with your legs out in front of you. Lean back slightly so your torso and legs form a V-like shape, bracing your abdomen to engage your core. Balancing on your glutes, twist your torso from side to side without moving your legs. To increase the intensity, hold a weighted object. **Try not to disengage your core throughout the movement.**



Step 3: Two sets of 20 **abdominal crunches** - Lie flat on your back with your knees bent and arms crossed on your chest. Slowly contract your abdominals bringing your shoulder blades 1-2 inches off the floor, or higher if possible, to really feel the “squeeze” in the abdominals. Exhale as you lift up, and keep your head in a natural line with your body. Hold at the top of the movement for a couple seconds, then inhale and slowly lower. **Try to keep tension in the abs for the entire set.**



Step 4: Two sets of **leg scissors** - Lie flat on your back. Support your lower back by either tilting your pelvis forward and squeezing your abs or by placing your hands under your glutes. Lift both legs straight up toward the ceiling, continuing to engage your abs and pressing your lower back into the ground. Keeping your abs tight, slowly lower one leg down toward the ground until it is a few inches above. Slowly scissor your legs, lifting that leg back up as you lower the other leg toward the ground. Continue until your core is fatigued or you feel your form is being compromised.



Step 5: Stretch