

Core

Workout 1- with machines

1. Cable crunches kneeling
2. Paloff press
3. Cable rotations
4. Decline sit ups

Workout 2- dumbbells

1. DB side flexion
2. Isometric upper body hold with heel taps
3. Farmers carry
4. Suitcase carry

Workout 3- mat

1. Dead bugs
2. Bird dogs
3. Reverse crunches
4. Leg raises

Workout 4 mix

1. Hanging knee crunches
2. Kneeling cable crunch
3. Dead bugs
4. ab roller

Workout 5 all muscles

1. Dead bugs
2. Russian twists
3. Paloff press
4. Side flexion with DB
5. Crunches

Hard

1. dead bugs alternating
2. Dead bugs double leg
3. Alternating leg lifts
4. Double leg lifts
5. Double leg lifts into reverse crunch

6. Plank

Slow burn

1. Table top crunches
2. Bicycle crunches
3. Heel taps
4. Toe crunches
5. Alternating toe taps
6. Plank

Endurance

1. Plank
2. Plank twists
3. Side plank
4. Side plank dips
5. Mountain climbers