

## 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