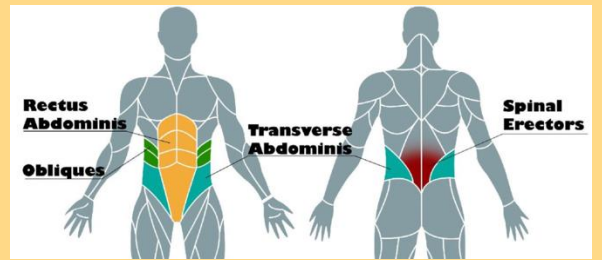


# Workout of the Day

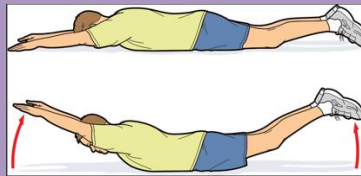
## Term of the Day: Core

Group of muscles comprised of the abdominal, back, and pelvic muscles



## Warmup:

- 2 x 10 supermans
- 2 x 10 inchworms



## Main set:

- 20 x bicycles
- 30 second side plank
- 10 x V-Up
- 8 x glute bridge extensions
- 15 x reverse crunch
- Repeat 2 more times!

