



 Barb's Fit For Life®

## 10 Minute Core Workout #2 (bodyweight only)

**CIRCUIT:** Perform as many rounds as possible in 10 minutes, resting as needed.

Exercise	Reps	Notes
1) Cocoons	10x	You may modify & just move legs in and out, without arms, if necessary
2) Figure-Four Oblique Crunch	10x	10 times each way
3) Plank Twisters	10x	10 times total (5 each way)
4) Plank with Toe Taps	10x	Tap toe (alternating legs) 10 times - 5 times each way