

15 Minute Beginner Core Workout

1. Bird Dog Hold (20 sec/side)



2. Bird Dog (5/side)

*Extend opposite arm and leg out, hold for a few seconds, then switch sides, continue for 5/side



3. Bird Dog- Elbow to Knee (10/side)



4. Seated leg extensions (10/side)
*Alternating leg extensions



5. Deadbug (10/side)



6. Single leg hold (30 sec/side)



7. Scissor kicks (10/side)

*Alternate lowering leg towards ground; the further you lower your leg down, the more challenging the exercise



8. Bear crawl hold (20 sec x 3 sets)



9. Modified side plank (20 sec/side x 3 sets)

