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Killer Core Workout



Burpee 13x



Toe Touch Sit-up 13x



Push up 13x



Heels to heaven 13x



Plank jacks 13x



Bent legs side to side/center crunch 13x



Plank count to 13



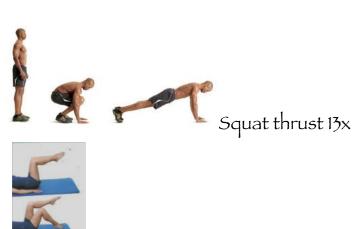
Scissors 13x



Plank to elbows and up 13x



Russian twist 13x



Toe taps 13x each side





V-sít 13x

Repeat once.