

# The Sore Core, Please No More Workout

**Difficulty Level:** Intermediate

**Instructions:** Do each exercise for the total amount of seconds then immediately move to the next exercise. Once you finish Round 1, rest for 15-30 seconds. Do 5 total rounds.

Round 1	Reps/Time	Completed	Notes
Flutter Kicks	40 Sec		
Supermans	40 Sec		
V Ups	40 Sec		
Bridges	40 Sec		
Leg Crunches	40 Sec		
<b>Rest</b>	15-30 seconds		
Round 2	Reps/Time	Completed	Notes
Flutter Kicks	40 Sec		
Supermans	40 Sec		
V Ups	40 Sec		
Bridges	40 Sec		
Leg Crunches	40 Sec		
<b>Rest</b>	15-30 seconds		
Round 3	Reps/Time	Completed	Notes
Flutter Kicks	40 Sec		
Supermans	40 Sec		
V Ups	40 Sec		
Bridges	40 Sec		
Leg Crunches	40 Sec		
<b>Rest</b>	15-30 seconds		
Round 4	Reps/Time	Completed	Notes
Flutter Kicks	40 Sec		
Supermans	40 Sec		
V Ups	40 Sec		
Bridges	40 Sec		
Leg Crunches	40 Sec		
<b>Rest</b>	15-30 seconds		
Round 5	Reps/Time	Completed	Notes
Flutter Kicks	40 Sec		
Supermans	40 Sec		
V Ups	40 Sec		
Bridges	40 Sec		
Leg Crunches	40 Sec		
<b>Rest</b>	15-30 seconds		