**Core X Routine**

Developed by Coach Jay Johnson

Core X is a simple, but challenging core strengthening routine, which can be done daily after running. The routine consists of 10 exercises, each performed for 30 seconds, for a total of 5 minutes. Please view a demonstration of the Core X routine on You Tube. There is a link to the video on the gtowncc.com training page.

List of Exercises

1. Running V-Sits
2. Australian Crawl (strengthens the posterior chain)
3. V-Sit Flutter Kicks
4. Side Plank with Left Leg Lifts
5. Supine Plank with Leg Lifts
6. Side Plank with Right Leg Lifts
7. Superman (strengthens the posterior chain)
8. Push-Up to Side Planks
9. V-Sit Scissor Kicks

10.Rockies (sets of 3)