

Core training – 3 day rotation plan, increase number of sets of each exercise over the summer to try and get to 5 sets and/or combine workouts so you might do all 3 workouts in a day by the end of the summer. You can also try to increase the number of reps each time you repeat the sequence, as an example the second time you do Workout A, do the planks for 35 – 40 seconds, 30 crunches, etc.. Much of this depends on your current condition of your core muscle groups. Some of you might have to start at higher reps, some lower.

Core Workout A:

Low Plank – 30 Seconds

High Plank – 30 Seconds

Wall Sit – 1 Minute

25 Crunches

Russian Twists – 15 reps each side

Repeat each exercise 4 times, 15 second rest between exercises

Core Workout B:

20 Push Ups

15 Burpees without push-up

15 Squat Jumps

Mountain Climbers – 30 seconds

20 Chair Dips

15 Body Weight Rows – if possible (requires rings or a bar of some sort), if you don't have the equipment, you can substitute another set up push ups

Repeat each exercise 4 times, 15 second rest between exercises

Core Workout C:

High Plank Position, Knee Twists – 15 reps each side

V-Ups – 15 reps

Calf Raises (add dumb bells if you have them) – 30 reps

Leg Circles – 10 rotations each direction

Air Squats (or with dumb bells) – 25 reps

Incline Diamond Push-ups (close grip push-ups) – 20 reps