



FOUNDATIONS

Plank
3x20 sec

1

Dead Bug
3x8/side

2

Side Plank
3x15 sec

3

Glute Bridge
3x10

4

Bird Dog
3x8/side

5

Reverse Crunch
3x10

6

Box
Breathing
3-5 rnds

7

ENDURANCE

Plank
3x30 sec

8

Russian Twists
3x12/side

9

Side Plank
Hip Dip
3x8/side

10

Leg Raises
3x8

11

Bicycle Crunch
3x12/side

12

Superman Hold
3x20 sec

13

Diaphragmatic
Breathing
3 min

14

STRENGTH

Plank
Walkouts
3x8

15

Hollow Hold
3x20 sec

16

Side Plank
Reach Through
3x8/side

17

Flutter Kicks
3x15sec

18

Mountain
Climbers
3x20

19

V-Ups
3x10

20

Breath of Fire
1min X 3

21

POWER & FLOW

Plank
Shoulder taps
3x10

22

Jackknife
Sit-ups
3x10

23

Side Plank
Hip Lifts
3x10/side

24

Scissor
Kicks
3x15 sec

25

High Plank
Knee 2 Elbow
3x10/side

26

Dead Bug
Holds
3x8/side

27

Reverse Plank
Holds
3x8/side

28

Russian
Twist+Hold
3x12/side

29

Plank
Max Hold

30

31 reps of your
favorite



31



seva
YOGA



31 days of core

CORETOBER