

COREFIT Level 2*Playlist: Pumped up and Fit***WARMUP**

Standing
chin to chest
ear to shoulder
neck rolls in both directions
shoulder up/down, forward/back
shoulder rolls
high mountain to chair 5x with arms
forward fold to flat back 5x

EFFORT PHASE

10x Forearm plank toe dips to side both sides
10x Forearm plank leg lifts both sides
10x Side plank leg lifts
30 sec modified burpee

10x Forearm plank toe dips to side both sides
10x Forearm plank leg lifts both sides
10x Side plank leg lifts
20 sec side squat jumps 2x 1/4 turn face other side
repeat 20 sec side squat jumps

10x Forearm plank toe dips to side both sides
10x Forearm plank leg lifts both sides
10x Side plank leg lifts
1min. jump squat taps

10x Forearm plank toe dips to side both sides
10x Forearm plank leg lifts both sides
10x Side plank leg lifts
1min 1/2 turn jump squat taps

10x seated in/outs
10x reverse tabletop toe taps
30 sec Russian twists
30 sec Frog jumps
10x bent knee hip dips both sides

10x seated in/outs
10x reverse tabletop toe taps
30 sec Russian twists
1 min frog jump combo 3x jumps with hip dip to each side

10x seated in/outs
10x V ups
10x reverse tabletop toe taps
10x bicycle crunch ups
30 sec Russian twists
1 min frog jump combo 3x jumps with hip dip to each side

1 min. inchworm
30 second shoulder taps
10x knee/core combo alternate knee to chest switch to knee to same elbow

1 min. inchworm w/pushup
30 second hip taps
10x knee/core combo alternate knee to chest switch to knee to same elbow

1 min. inchworm w/tricep pushup
30 second shin taps
10x knee/core combo alternate knee to chest switch to knee to same elbow

1 min. inchworm w/pushup add clap
1 min. tap combo shoulder, hips, shins
1 min mt. climber

10x off right side of float pullups
10x off right side of float dips
10x getty ups on/off right side left hip on/off
30 second rollovers end on left side of float
:repeat combo to left side of the float

COOL DOWN

lay on belly sphinx pose
look left then right repeat 3x each side
chin to float draw right heel to glute, switch sides
roll onto back, knees to chest
roll up to boat
seated forward fold
repeat knees to chest, boat, forward fold 3x
happy baby
savasana