

February Core Challenge!

If you don't know an exercise check the workout pictures, have a look at the exercise videos online (Facebook or Instagram – Emma Higgs PT)

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| 1st 30 All Four Extensions | 2nd 30 Leg Extensions (single leg) | 3rd 30 Reverse Crunches | 4th 30 Bicycle Crunches | 5th 30 Toe Taps | 6th Plank 3 x 30secs hold | 7th 30 Back Extensions |
| 8th 30 Vsit Extensions 30 Reverse Crunches | 9th 30 All Four Extensions 3 x 30sec Plank hold | 10th 30 Dead Bugs 30 Vsit Twists | 11th Side Plank Hold 3 x 45sec each side | 12th 30 Back Extensions 30 Toes Taps | 13th Plank 3 x 45sec hold | 14th 30 Bicycle Crunches 30 Reverse Crunches |
| 15th 30 All Four Extensions 30 Vsit Extensions 2 X 45sec plank walks | 16th 30 Leg lower with reverse crunch 30 Mountain Climbers | 17th 50 Dead Bugs 30 Vsit Twists 30 Back Extensions | 18th 3 x 10 Side Plank Pulses on each side 30 Bicycles crunches 30 Pelvic Bridges | 19th 30 Mountain Climbers 40 Leg extensions 2 x 60sec plank hold | 20th 30 Reverse crunches 30 Vsit extensions 30 sit ups | 21st 3 x 15 Back Extensions 30 Toe Taps |
| 22nd 40 Mountain Climbers 30 Jack knives 30 Bicycle Crunches | 23rd 30 Press-to-plank 30 Vsit Twists 30 SL Pelvic Bridges 30 Twisting Crunches | 24th 3 x 20 side plank pulses on each side 40 Leg Extensions 3 x 60sec plank hold | 25th 40 Toes taps 40 Reverse Crunches 3 x 20 Back Extensions | 26th 30 Pelvic Bridges Vsit twist and extension – 10 x (4twists+2 extensions) 40 Dead Bugs | 27th 4 x 30sec side plank pulses each side 30 toe taps 30 leg extensions + reverse crunch | 28th 4 x 20 Back Extensions 4 x 60sec plank hold |

You don't have to complete the total number of exercises in one go! Break them into 10s if you need to e.g. 30 = 3 x 10