

THE HEALTHY DEN

HEALTHY BALANCE BETWEEN BODY & MIND FOR FAMILIES



COMPLETE CORE WORKOUT!

1 MINUTE PLANK

10 X BURPEES

20 X CRUNCHES

30 X FLUTTER KICKS

40 X BICYCLE KICKS

50 SECOND SIDE PLANK LEFT

60 SECOND SCISSOR KICKS

50 SECOND SIDE PLANK RIGHT

40 CROSS CRUNCHES (EACH SIDE!)

30 CRUNCHES

20 REVERS CRUNCHES

10 BURPEES

1 MINUTE PLANK

NOW REPEAT JUST ONCE MORE! YES YOU CAN!

YOU DID IT!!! NOW FOR A COOL DOWN!