

Core X

All exercises are for 30 seconds except for the last one.

Regular	Modified
Running V-Sit	Run w/ legs up slightly rather than full v
Australian Crawl	N/A
V-Sit Flutters	Standard Flutters on back
Side Plank Leg Lift	Standard side plank
Supine Plank Leg Lift	Standard supine plank
Side Plank Leg Lift	Standard side plank
Superman	None
Pushup to Side Plank	Regular Pushups
V-Sit Scissors	Scissors on back
Rockies (3x3)	Just push off (no clap)