15-MINUTE HARDCORE FITNESS

1 ROUTINE. 6 EXERCISES. REPEAT 3 TIMES.

Do **EACH** exercise for 50 seconds, performing as many reps as you can!

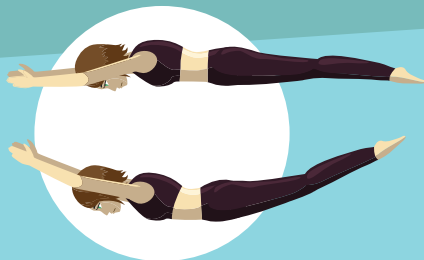**ONE**

PLANK

Keep back straight and butt down

TWO

MOUNTAIN CLIMBERS

Tuck hips in and bring knees into chest

THREE

SUPERHERO LIFTS (BACK EXTENSIONS)

Lay down on the floor/mat, bring both legs and arms off the ground
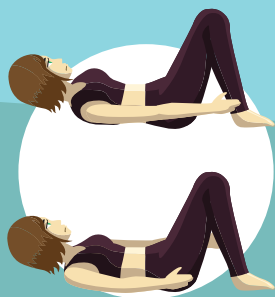
FOUR

PLANK JUMP

Jump your feet in towards your hands, then jump your feet back out into a plank and repeat

FIVE

V-SIT IN & OUTS

Lean back, tucking your knees into your chest

SIX

BICYCLES

Opposite elbow to opposite knee. Shoulders off mat

Complete this routine 3 times for a hardcore 15-minute full body workout!

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