

8 KILLER CORE MOVES

with 3x Ms. Bikini Olympia *Ashley Kaltwasser*

EXERCISE	SETS	REPS
V-UPS	3	10
FLUTTER KICKS (1 MINUTE, FEET 6" ABOVE GROUND)	3	
STABILITY BALL PLANK KNEE-IN	3	12
SIDE PLANK WITH HIP DROP AND LEG LIFT	3	10 (EACH SIDE)
MEDICINE BALL ARM WALK-OUT	3	3
CAPTAIN'S CHAIR SIDE LEG LIFTS	3	10
CAPTAIN'S CHAIR STRAIGHT-LEG LIFTS	3	10
STABILITY BALL PIKE ROLL-OUT	3	10

Perform this workout one to two times a week.