

Core Workout (Beast Mode Soccer <https://www.youtube.com/watch?v=FbfJdYtEZ80>)

- 1) Straight Leg Series (Once you have started, legs will not touch ground until you have completed all exercises)
  - a. Alternating 10 inches - 1 minute
    - i. Lay down on ground with legs lifted 6 inches off the ground.
    - ii. After 10 seconds, raise legs an additional 6 inches.
      1. Alternate between 6 inches and 12 inches for 1 minute.
  - b. Left and Right – 1 minute
    - i. Start with legs together lifted at a 90 degree angle. Alternate from left to right for 1 minute. When legs go to ground they should
      1. After 30 seconds, add 4 pulses on each side
  - c. Circles – 30 seconds each direction
    - i. With both legs together, move in a circle direction.
  - d. Flutter Kicks/Scissor Kicks – 1 minutes
    - i. Alternate every 15 seconds
  - e. Combo – 1 minute
    - i. Complete all four exercises together, switching every 15 seconds
  - f. Rest 1 minute
- 2) Plank Series (15 second break between each exercise)
  - a. Plank – 45 seconds
  - b. Rats – 45 seconds
    - i. Drop from the plank position until your chest is barely off the ground. Holding yourself up without touching the ground, alternate looking left to right
  - c. Side Arm Planks – 30 seconds each arm
    - i. In a side arm plank, raise the opposite side arm and leg up and down at same time
  - d. Finger Walks – 45 seconds
    - i. Start in a downward dog position. Make sure you are on your fingertips and begin walking out from the downward dog position to a plank position and back. Try to remain on fingertips the entire time.
  - e. Sphinx walks – 45 seconds
    - i. Start in a sphinx position (plank position on forearms)
    - ii. Move twice to your right and twice to your left maintaining sphinx plank
  - f. Sphinx frog – 45 seconds
    - i. Starting in a sphinx position, jump your legs in and out.
  - g. Rest 45 seconds
- 3) Finish line
  - a. Bridge Lift – 20 total
    - i. Laying dwn with back on ground and heels brought close to body, lift your hips to the air. (Bridge)
  - b. Burpee – 10 total
    - i. Drop to a plank position and complete a rat (exercise from above)
    - ii. When you jump, bring your knees to your chest
    - iii. Once your butt drops back to the ground, bring legs up together and lift your heels to the sky