

Cardio Core

Fat blastin' cardio – all focused on the core! What could be better than that?

Workout Summary:

NOTE: Be sure to start with a warm-up, and end with a cool-down stretch.

SuperSet (alternate) 2 exercises for 2 sets.

Set ONE = 45 secs work: 45 secs rest | Set TWO = 30 secs work: 15 secs rest.

Then move to the next 2 exercises.

- SuperSet 1: Shuffle Heisman AND V-Plank
- SuperSet 2: Torso Twists AND Beast to Plank
- SuperSet 3: Twist & Pull AND Sumo Jab Ups
- SuperSet 4: Climbing Burpee AND Hip Dips

Supporting Videos:

Follow along with the full workout video here:

<https://vimeo.com/499405505/c03a995c51>

Watch the summary video for this workout:

<https://vimeo.com/499458121/02b7380c94>

Watch the HOW TO videos for each move:

<https://youtube.com/playlist?list=PLFyhsmboBsKaipxali5YIEa2CRST8AjRX>

More details on HOW-TO's for each of the moves ...

Shuffle Heisman

Watch the How-To video for this move: https://youtu.be/r_63NSMyAeg

- Start feet together, core braced and standing tall.
- Shuffle 2 steps to 1 side, then jump on the outside leg, pulling the inside knee in towards your body. Crunch together!
- Then go the other way.
- TIP - really think of the Heisman as a standing crunch. Feel your tummy pressing into your spine as you pull your knee to your chest.
- Add some speed and intensity - and have fun with it.



V-Plank

Watch the How-To video for this move: <https://youtu.be/EIUcmJNBUSc>

- Start in a strong plank position - wrists under shoulders, core braced, hips tucked under, eye gaze just ahead of your hands. This is the center of your 'V'
- For this move, imagine you're drawing a V with your feet. Step your feet over to your right side, pulling them into your right armpit - crunching in your core.
- Step back to plank. Then finish your 'V' by stepping to the left.
- Once you get the hang of drawing the V, change the steps to jumps. But move with control! Keep your core braced, and keep coming back to that solid plank position



Torso Twists

Watch the How-To video for this move: <https://youtu.be/7WwkVXAS72o>

- Imagine you're holding a ball in front of your chest. Keep your chest lifted, core tight, and body right in the center.
- Tap your feet out to the side and back in to the center as you rotate your torso. Keep your head looking forward, and just twist to rotate your shoulders to your chin.
- Add some speed. Feel the twist. Shred the waistline!



Beast to Plank

What the How-To video for this move: https://youtu.be/2DOderw_ckA

- How to BEAST: Start on all fours on the ground - with your wrists under your shoulders, your knees under your hips ... core braced, back flat, eye gaze just ahead of your hands. Tuck your toes under and lift your knees 2 inches off the ground. Just 2 inches - keeping your back flat and core tight. BURN those quads!!
- In this movement, you will transition from this beast position, to a solid plank. Keep your core tight, hips tucked under, eye gaze ahead of your hands, and your shoulders over your wrists. Control through the upper body!



Twist & Pull

Watch the How-To video for this move: <https://youtu.be/Wez3xDq6yLs>

We're circuiting 2 moves together in this set.

- **Twist Jumps** ... Start with your feet wider than hip width, in a bit of a squat with soft knees. Keep your hands & chest lifted and facing forward, while you twist at the waist and turn your legs to the side. Then jump back to center - and then jump to turn your legs to the other side. NOTE - it's the lower body twisting and turning. Keep your upper body facing forward and feel the rotation through your core.
- **High knee pulls** .. Pretty much just as it sounds. Pull your knee UP! Goal is get the knee as high as you can, at least above your belly button, to fully engage the core. At the same time as pulling your knee UP, think about pulling your elbows DOWN and pressing your belly in towards your spine to really crunch through the core. Your knee should come between your elbows.

- 2 twist jumps ... 2 high knee pulls. Repeat!



Sumo Jab Ups!

Watch the How-To video for this move: <https://youtu.be/OFyMHUaGWwA>

Another move that circuits 2 moves together. This time we're circuiting 4 Sumo jabs with 2 squat uppercuts.

- **Sumo Jabs:** Start in a wide squat – with soft knees, chest lifted, and your ‘boxing guard’ up (your fists by your face). Throw 4 jabs (long, straight punches to the front) – ensuring the punches all come from your core! This is not an arm workout! Feel the rotation from the core, your hips should stay solid facing front, your shoulders rotating up next to your chin, and jab forward from there.
- **Squat Uppercut** – drop down into a deep squat, and load up your punch from the bottom of the squat. As you power your legs back up, turn your back leg in, drop your front

shoulder and power your punch UP (target is under your opponent's chin). Note that the uppercut is a vertical punch - and again this punch starts from your hips and core! Squat back down again and repeat the other way.

- The sequence here goes 4 jabs, squat uppercut, squat uppercut.



Climbing burpee

Watch the How-To video for this move: <https://youtu.be/jHKUJfk-iI4>

Why not put 2 mountain climbers right in the middle of your burpee? Sounds fun, hey? Here's the breakdown of how it's done ...

- With the burpee, it's all about hitting all these points: Squat, plank, squat, up. You can jump or step into these moves to move at your pace.
- To make this a CLIMBING burpee - hold in the plank at the bottom, and do 2 mountain climbers. Pull the right knee in, then the left. Then finish your burpee.
- You're welcome to elevate your hands and step through the burpee to modify. Or to intensify - jump through it - add a push up - add a jump up top - and move with speed & power!



Hip Dips

Watch the How-To Video for this move: <https://youtu.be/GteeJR8zF40>

- Start in a low, or elbow, plank. Keep your neck long, your shoulders over your elbows, your eye gaze ahead of your hands, core braced, and hips tucked under.
- From the hips, dip over to 1 side. Allow your feet to help guide you. Tighten up your core, and use your obliques to help pull you back to center plank. Then go to the other side.
- TIP - push your weight back into your heels. Have your legs come to the party too to help you move through this exercise.
- Modification - shorten your range of motion or drop to your knees anytime you need.

