

13-min Core Workout from Cam Allen:

3 Rounds:

20 seconds of work

40 seconds of rest

Movements:

Kneeling Around the World-Left

Kneeling Around the World-Right

Push-ups

Plank Drags

Kneeling Around the World:

From a kneeling position, stack your ears, shoulders, and hips in a straight line. Brace your core by pulling your ribs towards your belly button. Move the weight around your body.

Push-Ups:

Pick a surface. (Ideas: wall, counter, table, bench, floor) Keeping your body in a straight line, lower your chest to the surface. Keep your elbows next to your body as you lower. Push away from the surface until your arms are straight and your body is in a plank. Keep your muscles on the entire movement.

Plank Drags:

In a tall plank position, stack your shoulders over your wrists. Set a weight outside your plank. Use your opposite arm to pull the weight under you and across to the other side of the plank. Maintain your plank and keep your hips as still as possible as you move the weight under you. Wide feet are helpful for a more stable plank.