

## 15N Minute Core

Warm-Up: 5 min jump rope

Workout: Three groups of four exercises

Cycle through each group **N** times

	GroupA	GroupB	GroupC
<i>min 01</i>	prone plank	seated rows	reverse lunges [l]
<i>min 02</i>	left plank	free squats	reverse lunges [r]
<i>min 03</i>	right plank	chair dips	push-ups
<i>min 04</i>	back bridge	superman	russian twists
<i>min 05</i>	rest	rest	rest

Warm-Down: 5 min jump rope