

2 sets of:
This
routine
takes
~12-15
minutes to
complete.

Plank

45-60 seconds



Lateral leg raise

2x20-30 rep. per leg



Clam shells

2x20-30 rep. per leg



Bridge

2x15-20 repetitions



Squats

2x15-20 repetitions



Side steps

2x20 steps left/right

