

6 Week Transformation

BETSY BOOTCAMP



Workout 5

Standing Core and Planks

Do not stop in between each exercise. This is a shorter workout so definitely go through the sequence one or two times!

Workout 2x a week; Repeat circuit 1-2 times

Name	Reps/Minute
Standing Core Twisting Knee Lift	30 seconds/per side
Standing Core Plea Reaches	60 seconds
Core Oblique Kneeling Crunch	20 reps/per side
Plank Sequence: Alternating Tricep Kickbacks	20 each side
Plank Sequence: Tricep Toe Taps	20 each side
Plank Sequence: Up Downs	20 each side
Plank Sequence: Pushup to Turtle Back	20