

# Quick Core Shaper



Great, 10 minute everyday quick core workout that targets the lower abdominals and obliques as well as the inner thighs! Great as a warmup or used daily at the end of a weight training workout.

Directions: Complete two sets of each exercise

Name	Reps
Standing Reach Back and Twist	20 each side
Standing Side Bend to Reach Up	20 each side
Standing Leg Touches	20 each side
Leg Drops	20 each leg
Froggie Leg Lifts	20
Tuck in Kickout	20
Downward Spider Kick Combo	20 each side
Single Leg Side Plank Lift	15 each leg