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| Core | Spring workout plan | |
| Exercise | | Description | | Sets/reps | Muscle |
| plank | | Lay on floor with forearms on ground holding you up and hold in that position | | 5/30seconds | abs |
| Mountain climbers | | Start in pushup position. Drive on knee to chest then back and then the other leg. Repeat. | | 4/50 | abs |
| Swiss ball jackknife | | Start in pushup position with shins up on exercise ball. Bring knees to chest then push back out. | | 4/15 | abs |
| bicycles | | Start lying on ground facing up with knees in the air. Move knees in a circular motion. | | 5/50 | abs |
| sit-up | | Lay on ground face up with knees bent. Put hands behind head and bring chest to knees. | | 5/10 | abs |
| Weighted sit-up | | Do the same as a sit-up except with a weight vest on. | | 3/10 | abs |
| v-up | | Lay face up on floor stretched out with arms above head. Lift legs and arms up until they touch then bring them back down and repeat. | | 3/15 | abs |
| Hanging leg raise | | Grab onto pull up bar with body suspended off the ground. Bring knees to chest then back down. | | 4/8 | abs |
| Incline reverse crunch | | Lay on bench that is at an angle facing down. Bring knees to as far back above head as possible. | | 4/10 | abs |