

ALL-STAR WORKOUT BONUS

Workout Instructions - Killer Core 251 Derby Workout

Workout Focus: Core, Core, Core!

You Need: a mat, and a smile!

Suggested Warmup: 20x half squats | 20x wall push-ups | 20x good mornings | 20 x full squats | 25 jumping jacks

Killer Core 251 Workout:

30 High Knees (60 steps total)
20 Flying Plank Push-ups (10 each side)
30 High Knees
10 Side Lifts
10 Side Lifts (side 2)
30 High Knees
20 Bicycles (10 each side)
30 High Knees
20 Lizard Planks (10 each side)
30 High Knees
21 Starfish Situps

Finish: Cool Down + stretch.

Notes:

Suggestions for making this easier: Instead of jogging your high knees, do them "marching" (low impact), but still use your core to get your knee to hip height or higher; do knee push-ups for the Flying Planks; do ab-leg lifts instead of starfish sit-ups

Suggestions for making this harder: Killer Core 502! (Do two rounds!); or swap 30 high knees for 5 or 10 burpees.

Original post located at: www.rollerderbyathletics.com/killercore-251

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