



# Core Home Workout

## Group 1

- Squat Heel Lift
- Squat Thrust
- Warrior Squat
- Box Squat

## Group 2

- Bridge
- Crunch
- Neg situp
- Plank

## Group 3

- Inch Worm
- Walkout
- Walkout Alt  
Hands
- Walkout Press  
Up

Choose 1 exercise from each group.

30 seconds exercise 20 seconds rest.

Repeat until all exercises have been completed.