

Core

Cycle A

- 1 25 crunches
- 2 Toe Touches
- 3 Plank (elbows)
- 4 Bicycles
- 5 Plank (side plank)
- 6 Plank (side plank)
- 7 Russian Twist
- 8 Plank (jacks)

Cycle B

- 1 V-Up
- 2 Gut Buster
- 3 Plank (straight arm)
- 4 Wipes
- 5 Pulse Up
- 6 Fludder Kicks
- 7 Plank (straight arm, mountain climb)
- 8 Wide Leg Sit-Up

Cycle C (Plank)

- 1 Planks
- 2 Plank (side)
- 3 Plank (side w/abduction)
- 4 Plank (knee tuck)
- 5 Plank (alternating shoulder tap)
- 6 Plank (single leg lift)
- 7 Plank (jacks)

Cycle D (Ab Ripper)

- 1 In & Outs
 - > arms up
 - > arms on floor
- 2 bicycles
 - > arms up
 - > arms on floor
- 3 bicycles (reverse)
- 4 crunchy frogs
- 5 wide leg sit-up
 - > cross leg
- 6 Fifer scissors
- 7 Hip Rock & Raise
- 8 Heels to Heaven
- 9 V Up

Med Ball Core A

- 1 Crunch
- 2 Russian Twist
- 3 Woodchopper
- 4 Boat Balance
- 5 Toe Touch

Med Ball Core B

- 1 Plank
- 2 Mountain Climber
- 3 Reverse Plank
- 4 Superman with pass
- 5 Tucks

10 Oblique V Up

11 Mason Twist (legs straight)