

Giulia's 500 Rep Core Challenge!

Focus: upper body burn with high reps & not equipment needed!

100 reps total of each exercise

25 reps x 4 rounds of each exercise

= 500 reps TOTAL!

Exercise Name	Form Tips	# Reps	# Sets
Lying dead bug's	-opposite arm and opposite leg extend down, squeeze the core to come back -keep the lower back driving into the ground	25	4
Sit ups	-squeeze the core when sitting up -avoid grabbing on to anything to sit up	25	4
Reverse crunches	-legs start straight in the air while lying flat on the back -squeeze the core and drive the hips up and control the descent	25	4
Windshield wipers	-lying flat on back with legs straight in the air and arms flat out wide -drop the legs to one side of the body and squeeze the core to come back to the middle -to modify, bend the knees when performing the movement	25	4
Seated knee tucks	-place hands flat behind you, keep the chest tall, back flat and core engaged -straighten the legs out and squeeze the core to tuck then back into the chest	25	4