Core-conditioning									
25x toe touches									
Oblique twistsx30									
Oblique twists with stetchx30									
Superman lifts-LA & RA hold for 5 secs									
Plank 1min									
Side plank 30secs on each side									
Pelvic thrusts x30									
Supine Bridge x30									
Lunges with a twist x30									
Pike v-sits x20									
Tick V-sits x20									
Scissor V-sits x20									
Leg lifts in straddle and pike									
Plank-frogga x20									
Walk-out push up to swivel									
Plank walks x1min									