

Run the World – Beyonce

Core Conditioning Routine

- 0:00 – 0:07 Intro, Lay flat on back, arms above head, legs together
- 0:07 – 0:37 Tuck v-sit to dish (arms by ears) alternate leg bends R, L x6
Pike v-sit to dish (arms by ears) alternate leg bands R,L x2
- 0:38 – 0:44 Lay Flat on back, arms above head and rest
- 0:45 Dish Hold x 8 counts
Roll to R – Arch hold x 8 counts
Roll back to Dish Hold x 8 counts
Roll to L – Arch hold x 8 counts
- 1:00 Arm and Leg lifts x 4
Arm lifts x 4
Leg lifts x 4
Arm and Leg lifts x 4
- 1:16 Slow section: Push up on hands to back bend x 4 counts
Lift feet towards head x 4 counts
Lower feet to floor x 4 counts
Lower body to floor x 4 counts
- 1:31 Get into Plank position and hold
- 1:38 R Leg lifts x 8
L Leg lifts x 8
Alternate Leg lifts x 8
- 2:00 Marching hands - up, up, down, down x 3
Open legs apart in plank
- 2:08 Hip dips – R,L,R,R L,R,L,L etc x 4

- 2:24 Get into Push Up Position and hold
- 2:31 Push Ups x 8 staying down on the final one
- 2:39 Slow section: Push up on hands to back bend x 4 counts
Lift feet towards head x 4 counts
Lower feet to floor x 4 counts
Lower body to floor x 4 counts
- 2:53 Put R arm stretched forward, roll onto R side and prepare in side plank,
L hand on L hip
- 3:01 Side Plank Hip drops on R x 8
- 3:09 Lie down on R Side, Roll onto back arms overhead, Roll onto L Side and Prepare in Side plank, R hand on R hip, hold
- 3:16 Side Plank Hip drops on L x 8
- 3:24 Sit facing front in Pike with pointed toes and Slow pike fold (arms by ears throughout) x 8 counts down and x 8 counts up
Repeat with flexed feet
Open legs to Straddle, repeat fold with pointed toes and flexed feet
- 3:54 Sit in tuck and Lay flat to finish