

# Fit Bit Friday 140

## The Core Medicine Workout

*\*\*\*Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.\*\*\**

**Description:** Complete the circuit below 3 times through, resting for 1-2 minutes after each round. Aim to move immediately from one exercise to the next, and think about keeping your core engaged the entire time. If you'd like, feel free to use medicine balls of varying weights - for example, a heavier one for the wood chopper move than for the oblique lift. Once you've finished, be sure to have a good stretch!

Sets	Exercise	Reps
3	<b>Medicine ball wood chopper</b> - Stand holding the ball above your head and to the right, feet shoulder width apart. Keeping your core tight and spine tall the entire time, squat down as you lower the ball to the outside of your left foot. Reverse the motion to return to the top. Continue for 9 more reps before switching sides.	10 each side
	<b>Uneven medicine ball push-up</b> - Get into push-up position with right hand on the medicine ball, left hand on the floor. Perform 5 reps, then roll the ball over to the left and complete 5 with your left hand on the ball.	5 each side
	<b>Medicine ball crunch-to-pike</b> - Lie on your back and hold the medicine ball directly above your face, arms extended to the ceiling. Bend knees so that feet are on the floor. Do a sit-up, keeping the ball directly overhead, then lower back down. Immediately straighten your legs and raise them up towards the ball, into a pike position. Lower to a bent leg position and continue until all 15 reps are complete.	15
	<b>Side-to-side medicine ball heel taps</b> - Sit up tall with your legs straight in front of you, to the left side of a medicine ball positioned near your ankles. Leaning back slightly and keeping ankles together, lift your legs up and over the ball to its right side, tapping your heels on the floor. Continue going left and right until all reps are complete.	20
	<b>Super(wo)man</b> - Lie on your stomach with arms extended fully above your head. Keeping ankles together and arms straight, simultaneously lift your arms and feet a few inches off the ground, being careful not to hyperextend your back. Lower slowly and repeat.	15
	<b>Oblique medicine ball lift</b> - Lie on your right side with a medicine ball positioned between your feet, upper body propped up by your right arm. Right forearm should be flat on the ground. Lift the ball a few inches off the floor by raising both feet simultaneously. Lower until feet are hovering, then repeat for 9 more reps before switching sides.	10 each side
	<b>Medicine ball mountain climber</b> - Perform regular mountain climbers as fast as you can with good form, but keep both hands positioned on the same medicine ball.	30
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