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Team Core Workout for Sport 2

The following workout would be used for teams that want to supplement core work all together as a team building experience.

Check one of the following boxes to indicate what level you want to complete for each exercise.

1) [Double Leg V Up](#)

2) [Gopher U Abs](#)
(Count Reps Each Way)

3) [Straight Leg Crunch](#)

4) [Superman](#)

5) [Supine Scissors](#)
(Count Reps Each Way)

6) [Pike Under Twist](#)

7) [Supine Bridge Alternating Leg Lift](#)

Level 1	1 Sets of 10	
Level 2	2 Sets of 8	
Level 3	2 Sets of 10	
Level 4	2 Sets of 12	
Level 5	3 Sets of 6	
Level 6	3 Sets of 9	
Level 7	3 Sets of 12	

