These core exercises will help tone and strengthen your mid-section. Do 25 reps for each exercise.

**EQUIPMENT**
- Water
- Mat
- Medicine Ball

1. 60 Second Plank
2. 30 Second Left Side Plank
3. 30 Second Right Side Plank
4. Russian Twist
5. V-ups
6. Mountain Climbers
7. Surfboard Crunches
8. Windshield Wipers
9. Oblique Crunch Left + Right Side
10. Hold V-up Position 30 Seconds
11. Repeat Routine*

*As a Bonus Round

Go to [www.life.arizona.edu/get-movin](http://www.life.arizona.edu/get-movin) to see video tutorials