



Scorpions Strength & Conditioning

Core strength

Core strength workout:

This workout will require you to follow each exercise in order. You will perform each exercise for 20 seconds at high intensity, then rest for 10 seconds and do the next exercise for 20 seconds until you have completed all exercises. Repeat this workout 3-4 times with a 3 minute rest period in between.

Core strength workout exercises:

- Crunch
- Reverse crunch
- Dynamic plank
- Mountain climber
- Toe touch
- Plank crunch
- Hip raise- right
- Hip raise- left
- V-hold
- Plank

20 seconds work, 10 seconds rest

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, weather negligent or otherwise, undertaken in connection with this information.