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15-MINUTE CORE CONDITIONING WORKOUT YOU CAN DO ANYWHERE

Workout Summary

Main Goal: General Fitness
Training Level: Beginner
Days Per Week: 3 Days
Program Duration: 8 Weeks
[Click here for the full workout!](#)

Equipment: Bodyweight
Target Gender: Male & Female
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15-Minute Core Conditioning Workout

Exercise	Sets	Reps	Rest
Sit Up	2 - 3	15	None
Alternate Straight Leg Lower	2 - 3	15 Each	None
Side Plank	2 - 3	15 Each	None
Plank to Hip Raise	2 - 3	15 Each	None
Stomach Vacuum	2 - 3	5	30 Sec