

# The Ultimate CORE & SHOULDER

## Workout Plan

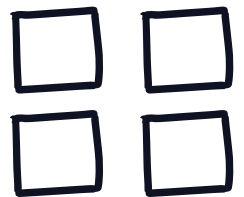


**Equipment needed: Just a mat or rug for your hands, if desired. No other equipment required!**

### Downward dogs

Bend forward, with the hind legs extended upward and the head and forelegs facing down.

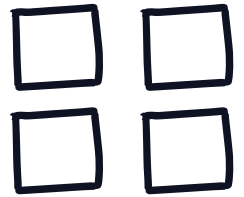
4 Sets of  
20 Reps



### Shoulder taps

High plank, then lift one hand off the ground and tap the opposite shoulder, then return that hand to its original position. Repeat on the other side.

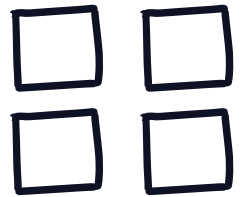
4 Sets of  
20 Reps



### Slow mountain climbers

A variation of the traditional mountain climber performed at a slower pace to focus more on strength and control.

4 Sets of  
20 Reps



### Commando planks (Alternating arm planks)

Move from a high plank position to the forearms and back again without swinging, lifting or dipping your hips.

4 Sets of 3  
Reps (1 set  
per side)

