OCS CORE HIIT

**ROUND 1**

|  |  |
| --- | --- |
| V-UPS | 0:30 |
| BICYCLE CRUNCH | 1:15 |
| PORT SIDE ROTATION PLANK | 1:45 |
| STARBOARD SIDE ROTATION PLANK | 2:15 |
| MASON TWIST | 3:00 |
| V-UPS | 3:30 |
| ABDOMINAL STRETCH | 4:00 |
| HYDRATE | 4:45 |

**ROUND 2**

|  |  |
| --- | --- |
| MASON TWIST | 5:30 |
| V-UPS | 6:00 |
| RUNNING PLANK | 6:30 |
| BASIC CRUNCH | 7:15 |
| PORT SIDE ROTATION PLANK | 7:45 |
| STARBOARD SIDE ROTATION PLANK | 8:15 |
| ABDOMINAL STRETCH | 8:45 |
| HYDRATE | 9:30 |

**ROUND 3**

|  |  |
| --- | --- |
| BICYCLE CRUNCH | 10:15 |
| MASON TWIST | 11:00 |
| HIGH TO LOW PLANK | 11:45 |
| RUNNING PLANK | 12:15 |
| LEG LIFTS | 12:45 |
| ABDOMINAL STRETCH | 13:15 |
| HYDRATE | 14:00 |

**ROUND 4**

|  |  |
| --- | --- |
| V-UPS | 14:45 |
| SIX INCHES | 15:15 |
| RUNNING PLANK | 16:00 |
| MASON TWIST | 16:45 |
| PORT SIDE ROTATION PLANK | 17:15 |
| STARBOARD SIDE ROTATION PLANK | 17:45 |
| ABDOMINAL STRETCH | 18:15 |
| HYDRATE | 19:00 |

**ROUND 5**

|  |  |
| --- | --- |
| LOW PLANK | 19:45 |
| CRUNCHES | 20:15 |
| MASON TWIST | 21:15 |
| BICYCLE CRUNCHES | 22:00 |
| SIX INCHES | 22:30 |
| LEG LIFTS | 23:15 |
| ABDOMINAL STRETCH | 24:00 |
| HYDRATE | 25:00 |