Strive for progress, not perfection. Leave the weaker version of yourself for last year.

**CORE WORKOUT**

- **1.** Alternating Bird Dogs
  - 30 reps
  - 15 each side

- **2.** Jackknife Sit Up
  - 15 reps

- **3.** Windshield Wipers
  - 30 reps

- **4.** Double Leg Bridges
  - 15 reps

- **5.** Flutter Kicks
  - 30 sec

- **6.** Leg Pull-In Knee-Ups
  - 15 reps

- **7.** Weighted Twist 10 LBS.
  - 30 reps

- **8.** Plank
  - 1 min

- **9.** Side Plank
  - 1 min
  - Each side

Repeat circuit 2-3 times