



# MOG Basketball

## Erreiche dein persönlich Bestes

core workout [04-2013]

**warm up** body weight two legs squats 10

body weight up&down (plank to push up) 20

mountain climbers 12

groiners 12

push up hold with knee hug 20

**workout** plank front hold 30 secs

side bridge, knee hug 30 on each side

prones [jumps, knee hug] 30 of each

crunches 50

birddogs 30

backbridge, knee hug 30

reverse birddog, alternating arm lift 30

push ups 10

crunches 50

**3 rounds total**

*Work hard, have fun!*