

CORE WAR 3

Introduction

Once again, the goal in this workout is to see how long you can “protect the base” from the mounting waves of “attackers” (in this case...the same ab exercises as last week, but now an even tougher base to defend). The plank you’ll be holding is a step up on the difficulty ladder from last week. Can you still fight off the attack and prove your core competence once again? Oh yeah, just a reminder, get ready to swing...a lot...again!