

15-Minutes Bodyweight Tri Set Workout for Core

Created by [Murshid Akram](#)

Administrator of [The Fitness Phantom](#)

Article Link: <https://thefitnessphantom.com/triset-for-abs/>

Once you complete the above routine for the desired time, you can challenge your strength with a 15-min core workout plan.

The fifteen minutes workout plan will be more beneficial than the 10-min routine and help you burn more calories.

It includes a total of six rounds. And you'll need three exercises in a row of 30 seconds each (in each round) with a 60-sec rest after each round.

Round 1		Round 2		Round 3	
Mountain Climbers		Bicycle Crunches		Plank	
Leg Raise		Flutter Kicks		Side Plank	
Heel Touch Crunches		Russian Twist		Side Plank	
Round 4		Round 5		Round 6	
Standard crunches		Tabletop crunches		Toe Touch Crunches	
Reverse crunches		Pulse up		Knee to elbow	
Windshield wipers		Oblique crunch		Heel Tap crunches	

You can also save its alternative: [15-Minute HIIT Core Workout](#)