

## CORE CIRCUIT # 1

FRONT PLANKS



60

LOWER AB HOLD



30

SUPERMAN SCISSORS



60

SIDE PLANKS



30

CRUNCH HOLD



30

HOLD EACH EXERCISE 30-60 SECONDS

## CORE CIRCUIT # 2

FRONT PLANK W/ALT. LEG LIFT



GLUTE BRIDGE HOLD



SIDE PLANK W/ALT. LEG LIFT



GLUTE BRIDGE W/ALT. KNEE LIFT

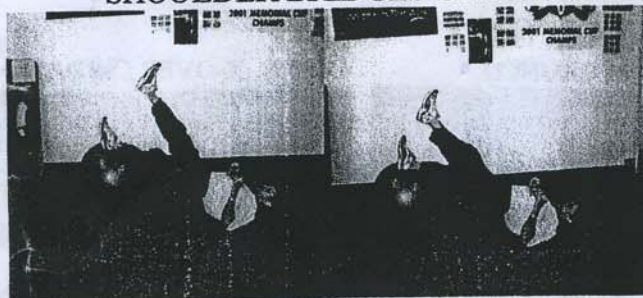


AB BALL KNEE TUCKS HOLD



HOLD EACH EXERCISE 15-30 SECONDS

SHOULDER BRIDGES ON BALL



SINGLE LEG BENCH SQUATS



AB BALL LEG CURLS



PARTNER SIT-UPS WITH MEDICINE BALL THROW

