



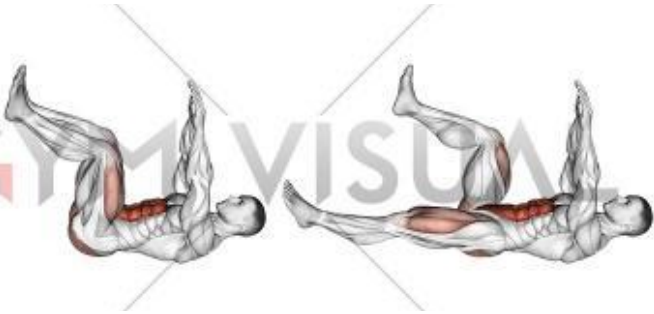
Core Circuit

Complete 3 rounds

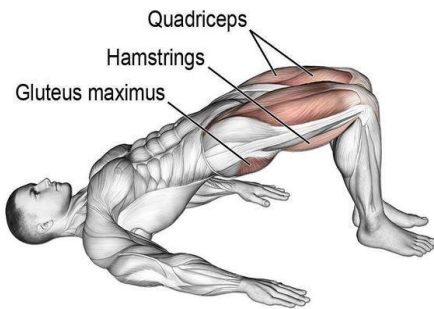
Minimal rest between exercises

Rest 1 minute between rounds

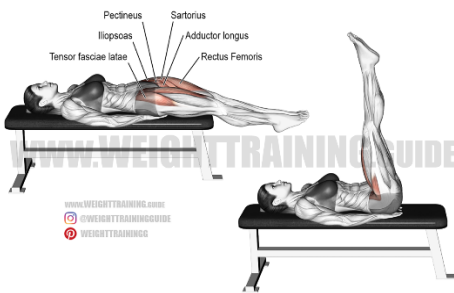
1) Deadbugs – 10 reps per side



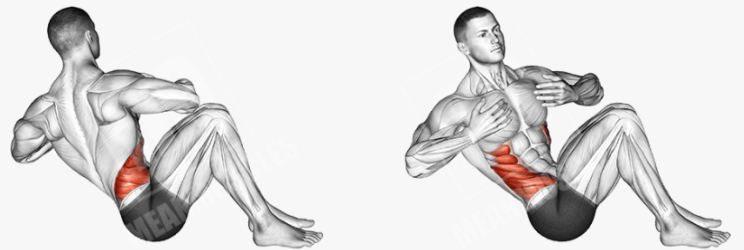
2) Bridge – 30-60 sec



3) Leg Raises – 12 reps



4) Russian Twist – 10 reps per side



5) Superman Pull - 12 reps

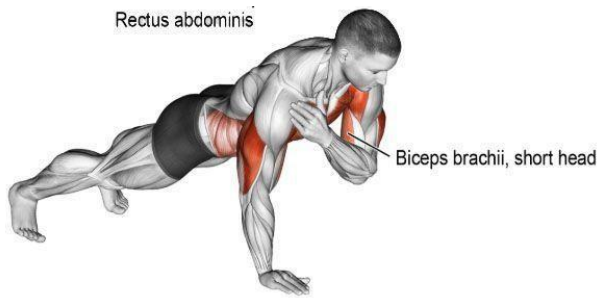


6) Hollow Body Rock – 30-60 sec

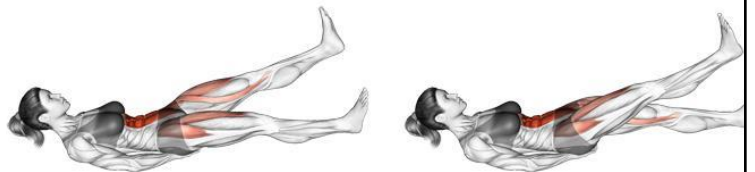


7) Plank Shoulder Taps – 10 reps per side

Rectus abdominis



8) Flutter Kick – 30 sec



9) Rest – 1min

