

Perform these five exercises as a circuit, moving quickly from one exercise to the next.

Perform each exercise for 30 seconds each, 2 times through the set.

## 2 rounds

	Bird Dog	30 seconds 2 rounds
	Crunch Elbows to Knees	30 seconds 2 rounds
	Mountain Climbers	30 seconds 2 rounds
	Reverse Crunch	30 seconds 2 rounds
	Russian Twist	30 seconds 2 rounds

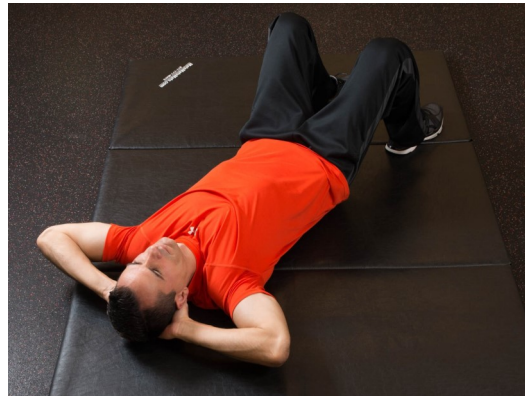
**Bird Dog**

Position yourself on the floor or a mat on all fours. Slowly, extend opposite arm and opposite leg with your palm facing your ear. Hold for a second, then return back to the starting position and repeat with opposite arm and leg. Pull your belly button to your spine throughout the exercise.



**Crunch Elbows to Knees**

Lie on your back on the floor or a mat with your feet on the floor and your hands behind your head. Lift your shoulder blades off the ground as you bring your knees and elbows to meet at your midline. Pull your belly button to your spine throughout the exercise.



**Mountain Climbers**

Hold yourself in high plank position with your shoulders over your hands. Run one knee in towards your elbow. Quickly, switch back and forth as if you were running.



## Reverse Crunch

Lie on your back on the floor or a mat with arms by your sides and legs up at 90 degrees. Lift your hips off the ground, driving your feet towards the ceiling as your toes come toward your head. Lower your hips back down and repeat. Pull your belly button to your spine throughout the exercise.



## Russian Twist

Sit on the floor or a mat with your feet off the ground, ankles crossed and one medicine ball or dumbbell in hands at your midline. Engage your core and lean back slightly, keeping your back in a neutral position. At a controlled speed, contract your abs and twist your torso to the left, bringing the medicine ball or dumbbell toward the mat, then twist and repeat on the right. For a less advanced option, perform exercise without any weight or with your feet on the ground.



## Tracking Sheet (Print and track your progress here)

Check off each set you complete!

Exercise Name	Set 1	Set 2
Bird Dog		
Crunch Knees to Elbows		
Mountain Climbers		
Reverse Crunch		
Russian Twist		

