

CORE CIRCUIT #1



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

Perform each exercise for 30 seconds each, 2-3 times through the set.

TRACK YOUR PROGRESS

Cross off each set as you go!

EXERCISE	SET 1	SET 2	SET 3
Superman	30 seconds	30 seconds	30 seconds
Knee to Elbow Crunch	30 seconds	30 seconds	30 seconds
Stability Ball Plank	30 seconds	30 seconds	30 seconds
Glute Bridge Hold	30 seconds	30 seconds	30 seconds
Russian Twist	30 seconds	30 seconds	30 seconds

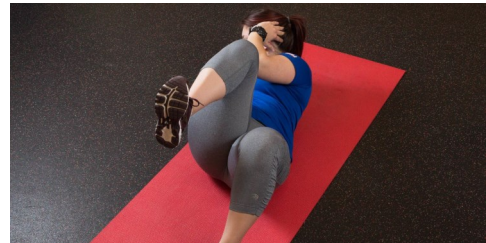
Superman

Lay facedown on the floor or a mat with your toes pointed and arms resting on the mat above your head. Slowly raise your chest and arms off the mat, while simultaneously lifting your toes off the mat. Hold for 2-3 seconds then release back down.



Knee to Elbow Crunch

Begin by lying on your back on a mat with feet on the ground and hands behind your head. Slowly lift your shoulder blades off the mat, crunching your upper body up first. Bring your right knee toward your chest while simultaneously twisting your left elbow to meet your knee. Return to starting position and repeat on the opposite side.



Stability Ball Plank

Position your elbows on stability ball, directly under your shoulders with your knees starting on the floor. Keep your hands in line with your elbows and back in a straight line. Drive your elbows and feet hard into the ground, which will allow your shoulders and hips to stabilize. When you feel ready, lift your knees off the floor and straighten your legs. Hold position.



Glute Bridge Hold

Lay on your back with your arms at your sides and your feet flat on the ground hip width apart. Slowly lift your hips into the air and squeeze at the top position, engaging your hamstrings, glutes and core. Hold position.



Weighted Russian Twist

Sit on the floor or a mat with your feet off the ground, ankles crossed and holding a medicine ball or weighted object 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 toward the mat, then twist and repeat on the right.

For a less advanced option, keep your heels on the ground throughout the exercise or perform without a weighted object.

