

CORE CIRCUIT #2



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.

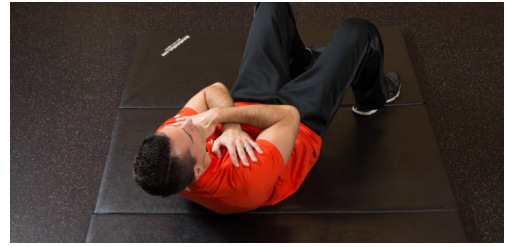
TRACK YOUR PROGRESS

Cross off each set as you go!

EXERCISE	SET 1	SET 2	SET 3
Crunch	30 seconds	30 seconds	30 seconds
Bird Dog	30 seconds	30 seconds	30 seconds
Ab Tuck	30 seconds	30 seconds	30 seconds
Inchworm	30 seconds	30 seconds	30 seconds
Penguins	30 seconds	30 seconds	30 seconds

Crunch

Lay on the floor or a mat with your feet flat on the ground, knees bent and hands behind your head. Crunch up, lifting your shoulder blades off the ground, then return to starting position. Keep your neck neutral and your gaze at the ceiling through the entire movement.



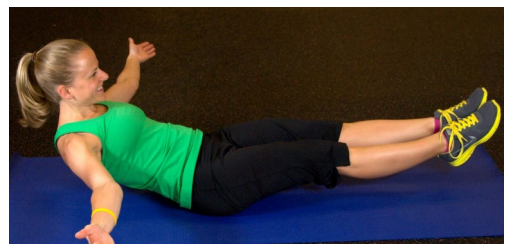
Bird Dog

Position yourself on the floor or a mat on all fours. Slowly, extend opposite arm and opposite leg. Hold for a second, then return to starting position. Be sure to alternate sides between each rep. Keep your hip bones square to the floor throughout the exercise, try your best not to let them move or sway.



Ab Tuck

Sit on the floor or a mat with your legs elevated in front of you. Lean back slightly and extend your legs straight out while extending your arms out to the sides. Pull your legs and arms in towards your midline, allowing your knees to bend up towards your chest. Push your legs back out to the starting position. Repeat.



Inchworms

Start standing tall. Bend down and walk your hands out on at a time until you are fully extended in high plank position with your hands directly under your shoulders. Walk your hands back in towards your feet and return to standing. Repeat.



Penguins

Lay on your back on a mat with your feet flat on the ground and knees bent. With your hands relaxed at your sides, lift your shoulder blades off the mat and reach to touch the side of your shoe with your right hand, and then reach for your left shoe with your left hand. Keep your shoulders off the mat throughout the motion.

