

Core Circuit 4- 30+ Rowboats

12 Stations :30 on + 5 Perfect Row Boats- always on :60

1. Crunches
2. Russian Twists
3. 90 Deg. Knee Reaches
4. Supermen Pumps
5. Toe Touches
6. Bicycles
7. Hip Thrusts
8. Bird Dogs
9. V Ups
10. Turtles
11. Regular Sit-ups
12. Alternate Limbs