

Core Circuit Week of 3.30.20

10 x :20 Fast/:20 Slow/:20 Rest

1. Bicycles
2. Row Boats
3. Russians
4. Superman controlled Pumps/ Superman Hold
5. Toe Touches
6. Crunches
7. Alternate Limb Controlled/ Plank Hold
8. Leg Lifts (aka Lower half of V Ups)
9. Rangers :10/:10/:10/:10
10. Flutter Kicks/ Larger Flutter Kicks

For all those that want to be better- do it a second time!