

Core Circuit- Quad Ladder

Week of 4.13.20

4 x {:60 on/ :15 off
 {:45 on/ :15 off
 {:30 on/ :15 off
 {:15 on/ :15 off

Round 1

:60 Flutter Kicks
:45 Russian Twists
:30 Bicycles
:15 Turtles

Round 2

:60 Crunches
:45 C Position Hold (Kinetic Hold)
:30 Row Boats
:15 V Ups

Round 3

:60 Superman Hold
:45 Alternate Limb
:30 Bird Dogs
:15 Supermen (pumps)

Round 4

:60 90 deg. Knee Reaches
:45 Hip Thrusts
:30 Toe Touches
:15 Regular Situps Fast