

Core Circuit

19.5 stations @ :30 on/ :15 off (10 minutes of work/ 4.5minutes rest)

1. Bicycles
2. Flutters
3. Small Scissors
4. Large Scissors
5. Side V Ups
6. Kinetic Hold
7. Row Boats
8. Eagles (:15 prone/:15 supine)
9. Hip Thrusts (aka butt ups)
10. Mtn. Climbers
11. Dbl Leg Mtn. Climbers
12. Knee Reaches
13. Super Mans
14. Alternate Limb R/L
15. R/L Hold (30 sec each side without break)
16. Prone Hold
17. Toe Touches
18. Crunches
19. Russian