

Core Circuit- Stability/Speed

Week of 4.20.20

1 minute hold/ 30 second speed/ 30 off = 9 minutes work (12 minutes total)

1.
 - a. Kinetic Hold
 - b. Row Boats
2.
 - a. Super Man
 - b. Super Man Pumps
3.
 - a. Rev Dog Hold- alternate every 10 seconds
 - b. Alt Limb Pumps
4.
 - a. Prone Hold
 - b. Toe Touches
5.
 - a. R Hold
 - b. Bicycle
6.
 - a. L Hold
 - b. Russian Twists