

CORE STRENGTH CIRCUIT

(Exercises to be done in order – with no breaks; 30 seconds each)

- 30" Crunches (feet on the floor)
- 30" Rotation (side-middle-side)
- 30" Rotation (X-knee) – lay on your side with knees stacked. Lift up towards ceiling or rest one foot on opposite knee crossing over body, elbow to the knee.
- 30" Rotation (X-knee)
- 30" Pump – (bicycle) – right elbow to left knee; left elbow to right knee; always moving legs in and out; arms rotating
- 30" Leg Lowering (straight plane) – legs straight in the air, lower leg down keeping knee straight, alternate legs.
- 30" Single Leg Lift (straight leg) – one knee bend at 90, foot on floor, raise other leg up and down straight leg
- 30" Single Leg Lift (straight leg)
- 30" Leg Lowering (diagonal Plane) – knee bend at 90; straighten leg out to side 45 degrees, one at a time
- 30" Crunches (feet elevated)
- 30" Bum Raises (on elbows and toes – raise bum to make an "A")
- 30" Opposite Arm/Leg (lying on stomach) – lift up right arm and left leg, vice versa. – pause at top for 3 seconds.
- 30" Superman – Arms & Legs (lying on stomach) - both legs and arms in the air at the same time holding for 3 seconds.
- 30" Hover (on elbows and toes – flat back, stomach tight) – forearms flat on ground; Can work up to: hover for 15 seconds, press into "A" for 15 seconds, press into arch for 15 seconds [repeat X3]
**Never let your abdomen touch the ground