

## CORE 2 (SWISS BALL)

<p>WEEK 1- 30 REP</p> <p>WEEK 2- 2 X30 REP</p>		<p>WEEK 1- 30 REP (15 EACH SIDE)</p> <p>WEEK 2- 2 X30 REP (15 EACH SIDE)</p>	
<p>WEEK 1 - HOLD 60 SEC</p> <p>WEEK 2 - HOLD 60 SEC</p>		<p>WEEK 1- 30 REP</p> <p>WEEK 2- 2 X30 REP</p>	
<p>WEEK 1- 30 REP (15 EACH SIDE)</p> <p>WEEK 2- 2 X30 REP (15 EACH SIDE)</p>		<p>WEEK 1- 30 REP (15 EACH SIDE)</p> <p>WEEK 2- 2 X30 REP (15 EACH SIDE)</p>	
<p>WEEK 1- 30 REP</p> <p>WEEK 2- 2 X30 REP</p>		<p>WEEK 1- 30 REP (15 EACH SIDE)</p> <p>WEEK 2- 2 X30 REP (15 EACH SIDE)</p>	
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