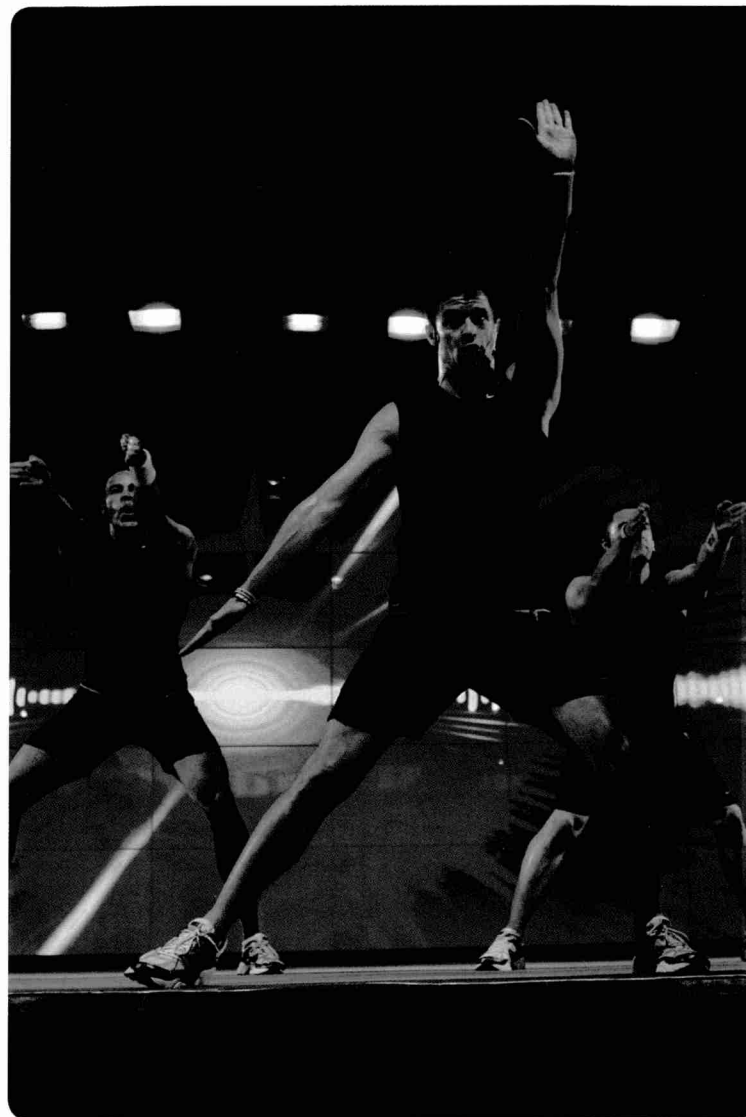


11 CORE CONDITIONING

Start Without You > 3:36 mins

	MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00	Intro	Don't make	4x8	Transition to floor	32	
0:17	V1	Eh hey	6x8	3-PULSE CRUNCH COMBO		
			A	3-Pulse Crunch Up. <i>Hands behind head</i>	6	
				Lower	2	6x
				<O> Side Slap & Double Leg Extension, last 8 cts		
0:49	C	Oh, here	4x8	SIDE SLAP & DOUBLE LEG EXTENSION COMBO		
			B	3-Pulse Crunch. <i>Hands slap floor x3</i>	6	
				Double Leg Extension. <i>Arms O/H</i>	2	4x
1:10	Br	Wanna	1x8	Feet down – stretch	8	
1:15	V2	Eh boy	10x8	REPEAT SEQUENCES A to B		
2:07	V3	Here we	4x8	C Alt Leg Cycle L, R. <i>Hands down by sides</i>	8	4x
2:18		The show	4x8	C' Alt Leg Cycle L, R, faster. <i>Hands down by sides</i>	4	8x
2:49	C	Oh, here	8x8	B OPTION SIDE SLAP & DOUBLE LEG EXTENSION COMBO	8	8x



OPTION TO OFFER >>>>>>>>>>>>

- Double Leg Extension – Shorter range of Extension or Single Leg Extension