

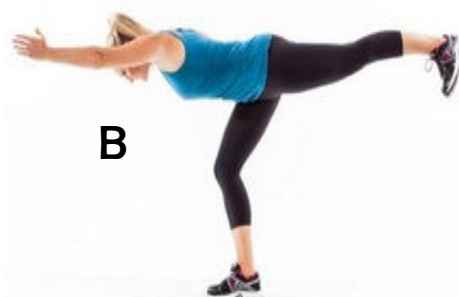
Core Circuit

EQUIPMENT NEEDED: 10 SQUARE FEET OF FLOOR SPACE, YOU
INSTRUCTIONS: COMPLETE 2 TO 3 SETS OF 8 TO 12 REPS OF EACH
EXERCISE (Unless specified otherwise), RESTING 30 TO 60 SECONDS IN
BETWEEN

T-Balance to Knee Raise Reach

A. Stand on right leg with knee slightly bent. Raise left knee until it's straight out from left hip. Extend right arm overhead, left arm hangs by side.

B. Brace core and begin to hinge forward from hips, extending left leg straight behind hip and "windmilling" arms so that left arm extends by head. Continue to lower until torso is parallel to the ground (body forms a straight line from left heel to hand). Slowly return to start, keeping left foot raised off the ground the entire time. That's one rep. Complete all reps on one leg, and then repeat on the other side.



Track Jumps

A. Stand with feet hip width, arms by sides, knees slightly bent. Jump straight up, bending knees in front of hips, tapping tops of thighs with hands. Complete as many as you can in 45 seconds.





Plank Pike Jacks

- A.** Begin in an elbow plank position with feet slightly wider than hip width, abs engaged.
- B.** Quickly jump feet together as you engage the lower abs to lift hips up in the air, pressing chest back toward thighs (body should resemble an upside down 'V'). Return to start. Complete as many as possible in 45 seconds.



Single Leg Sit-Up Press

- A.** Lie faceup with legs extended, right leg crossed over left. Prop upper body up on elbows.
- B.** Extend arms and press torso up as right leg lifts. Return to start. Repeat on opposite side to complete one rep.

