

“MUSCLE ENDURANCE & CORE BLAST”

PERFORM THIS CIRCUIT AT LEAST 3X THROUGH:

1. PUSHUP SHUFFLE HALFCOURT OF GYM & BACK
2. SQUAT SHUFFLE GYM LENGTH & BACK.
3. BAND SQUAT & STRAIGHT ARM PULL 20X
4. DUMBBELL JACKKNIFE ABS & TWISTS 20X
5. BOSU 3 WAY AB LEG LIFTS (FRONT & BOTH SIDES)
6. PLANK TO PUSHUP 6-? EACH SIDE
7. BOSU HIP RAISES (FEET FLAT ON BOSU)
8. SPRINT GYM LENGTH & BACK 2X