

# CORE WORKOUT

## CIRCUIT ONE

2 SETS  
8 MINUTES

Mountain Climbers

30 REPS



Side Raise

15 REPS  
PER SIDE



Bicycle

25 REPS



360 Plank Reach

10 REPS



Lower Extension

15 REPS



## CIRCUIT TWO

2 SETS  
8 MINUTES

Straight Leg Sit Up

15 REPS



Scissor Kicks

15 REPS  
PER SIDE



Heel Tap

15 REPS  
PER SIDE



Russian Twist

15 REPS  
PER SIDE



Toe Tap

15 REPS

