



Circuit 1.2

Circuit 1:

Knees to feet: 10 Reps

Butterfly crunch: 15 reps

Plank row: 8 reps each

Circuit 2:

Clock lunge: 4 reps each

Side plank figure 8: 8 reps each

Plank walk out: 6 reps

Circuit 3:

Y's & T's: 8 Reps Each

Tic Toc: 12 reps each

Single leg squat: 6 reps each