

Perform circuit 3 -4 times. 10 reps each exercise.

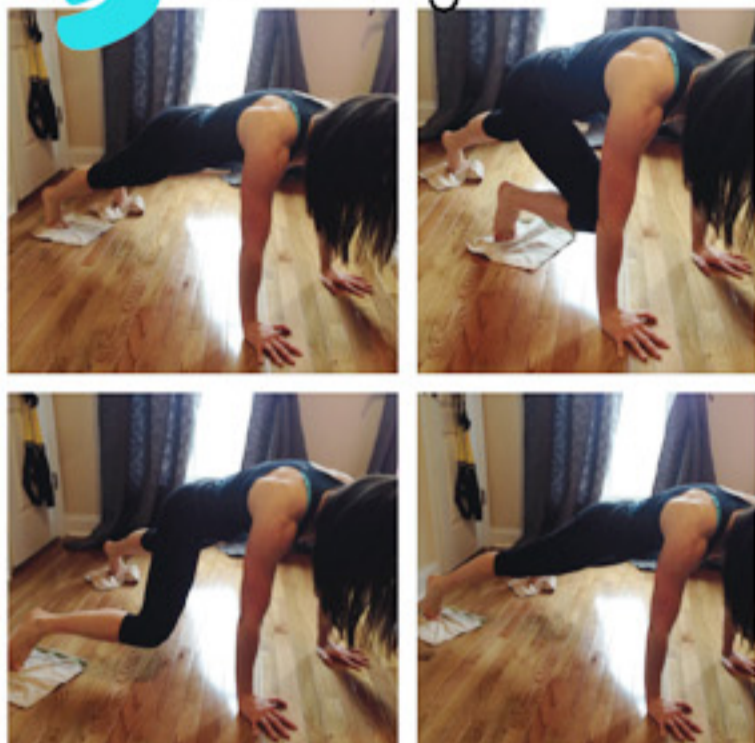
1 plank arm circle
right arm



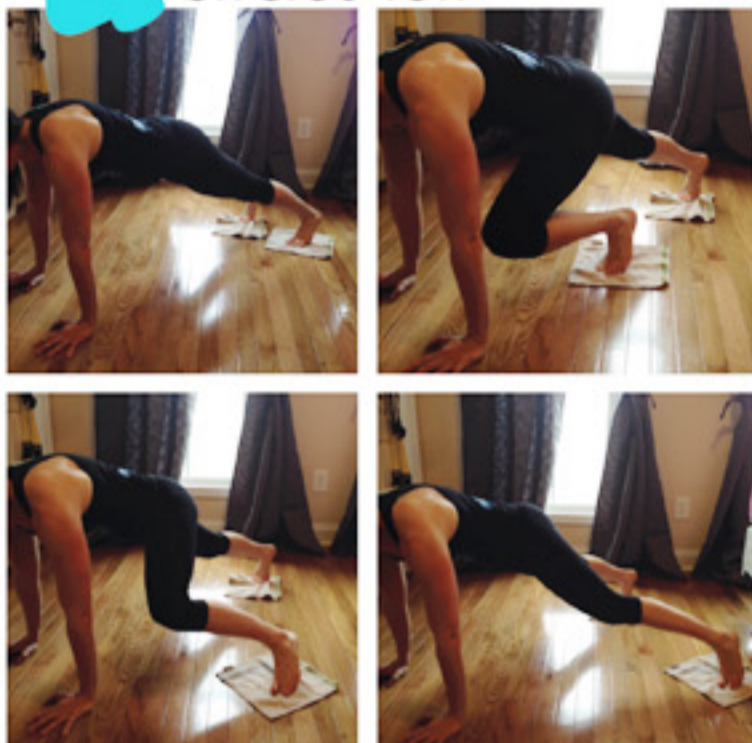
2 plank arm circle
left arm



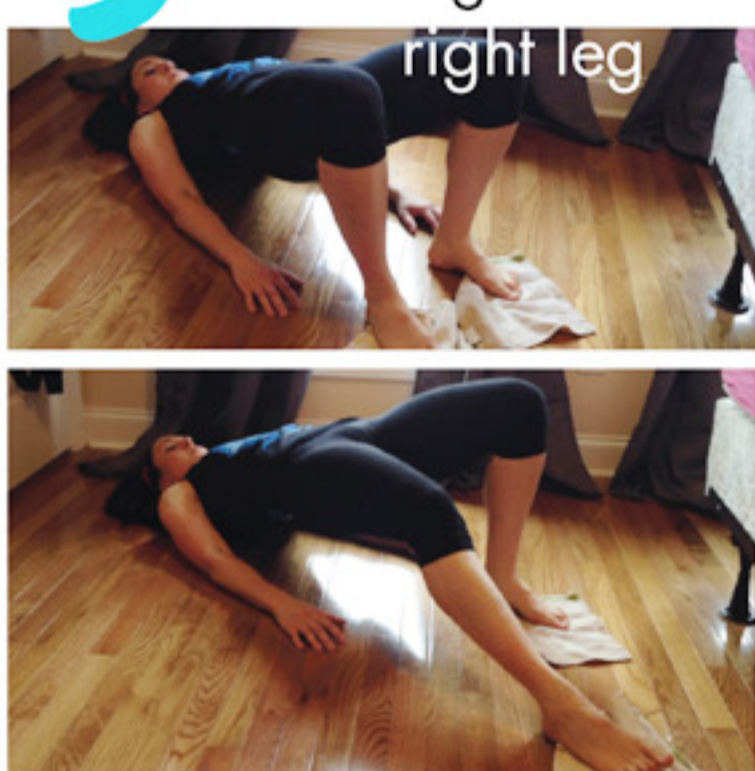
3 plank tummy tuck
circles right



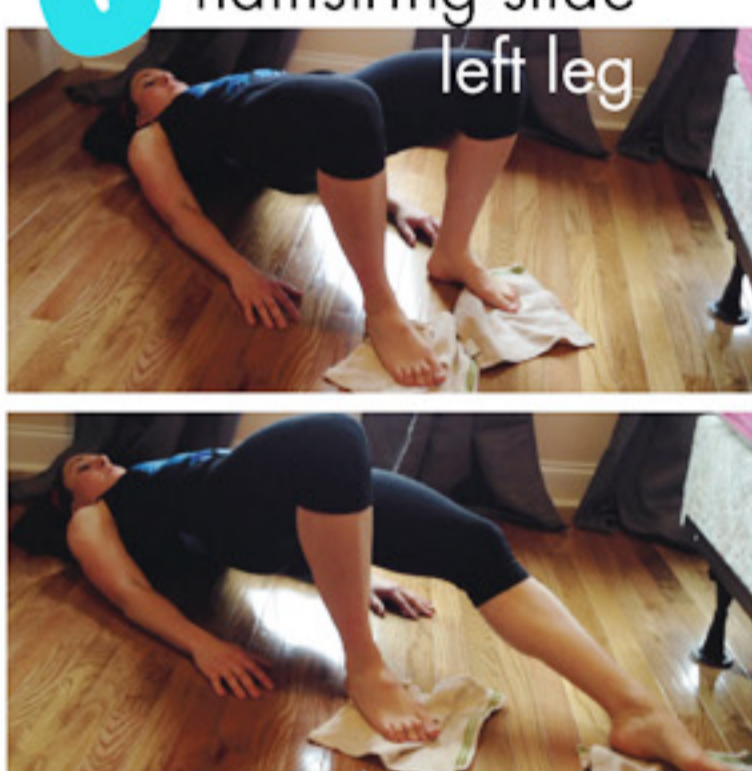
4 plank tummy tuck
circles left



5 hamstring slide
right leg



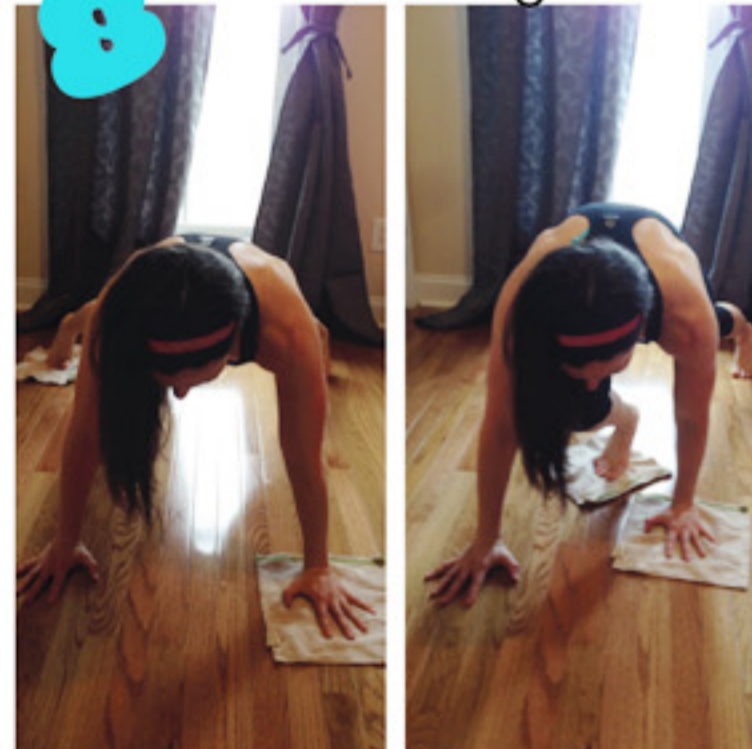
6 hamstring slide
left leg



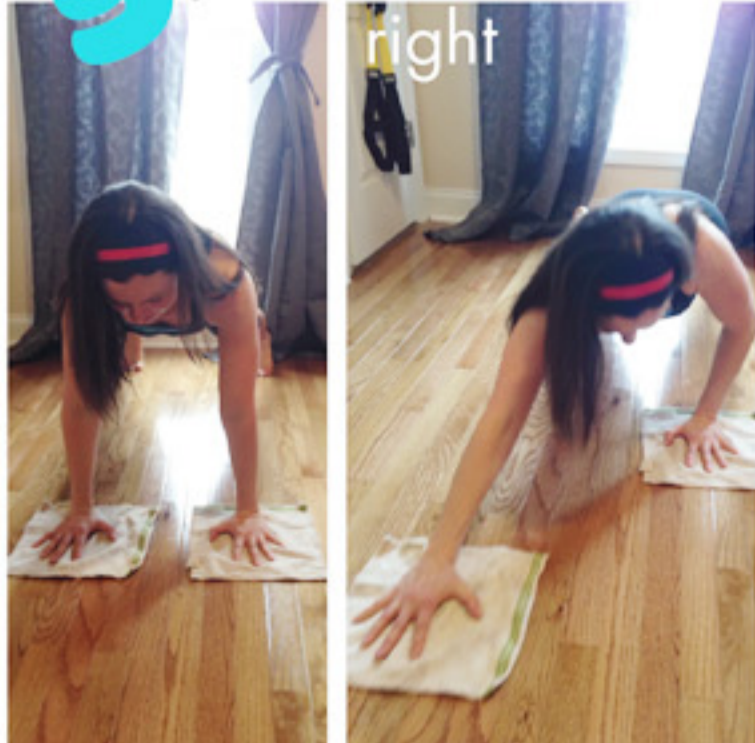
7 plank cross under
right hand - left foot



8 plank cross under
left hand - right foot



9 plank arm reach
right



10 plank arm reach
left

