

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

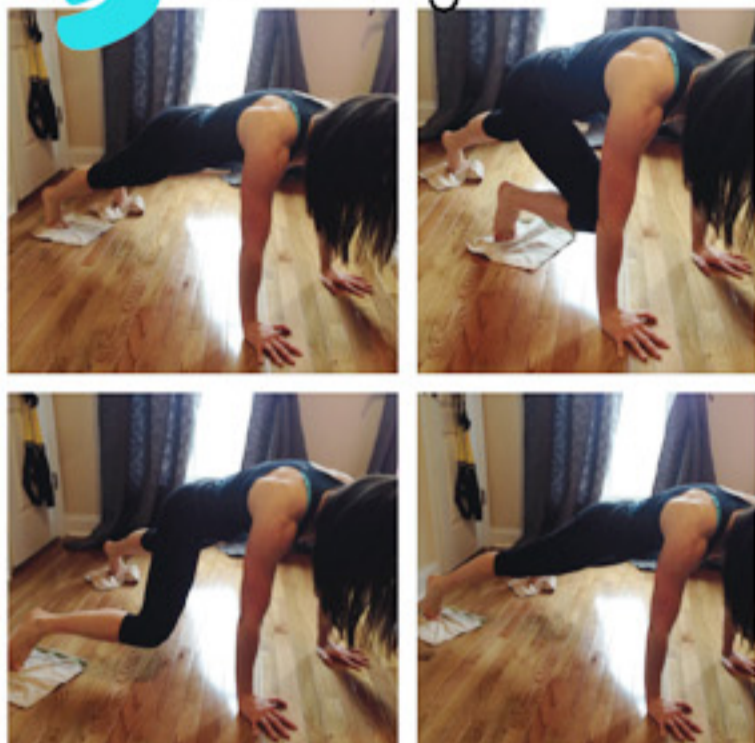
**1** plank arm circle  
right arm



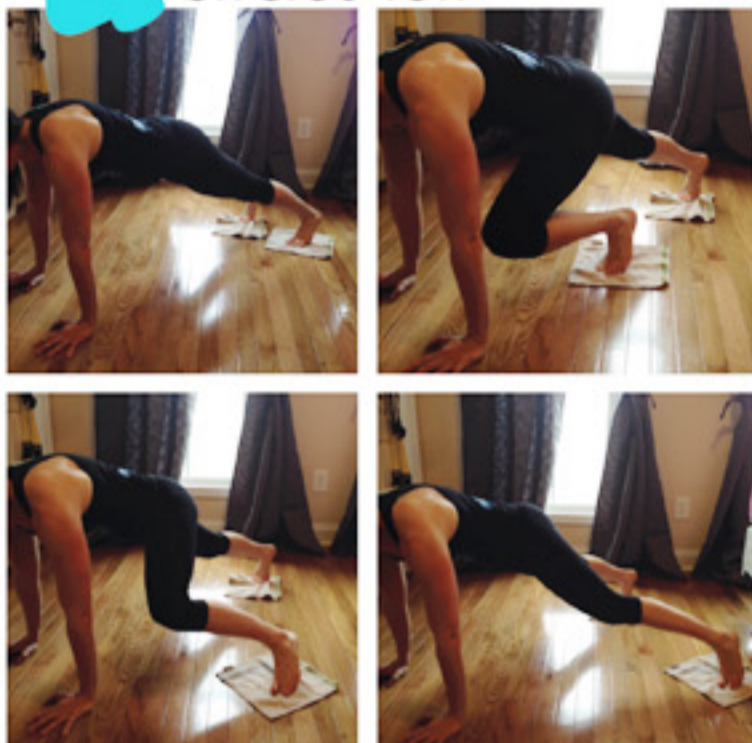
**2** plank arm circle  
left arm



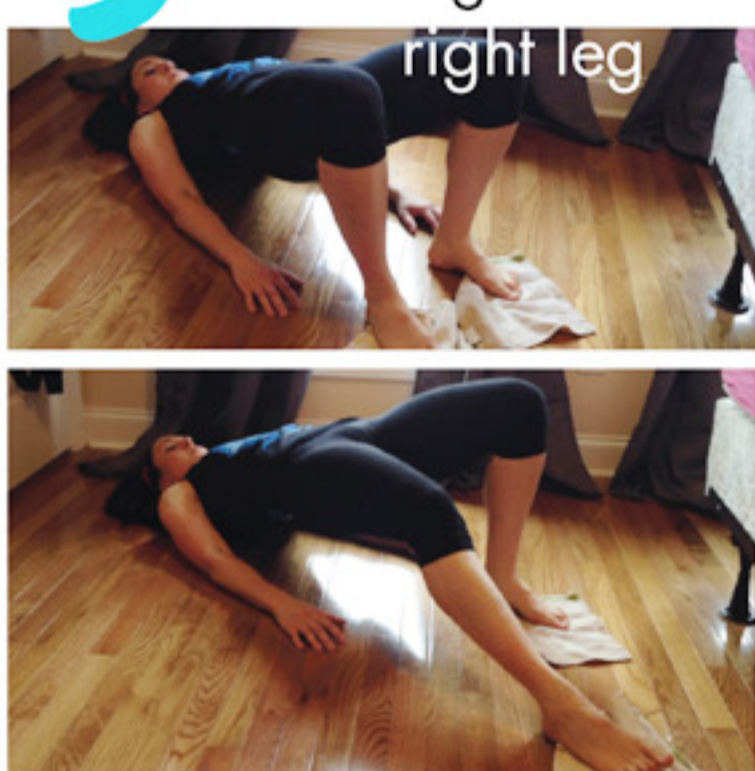
**3** plank tummy tuck  
circles right



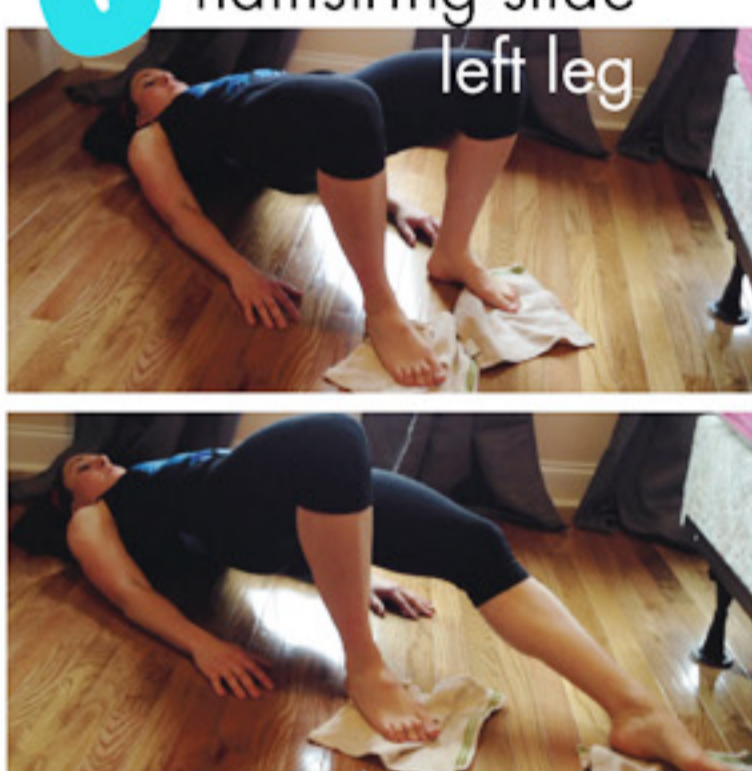
**4** plank tummy tuck  
circles left



**5** hamstring slide  
right leg



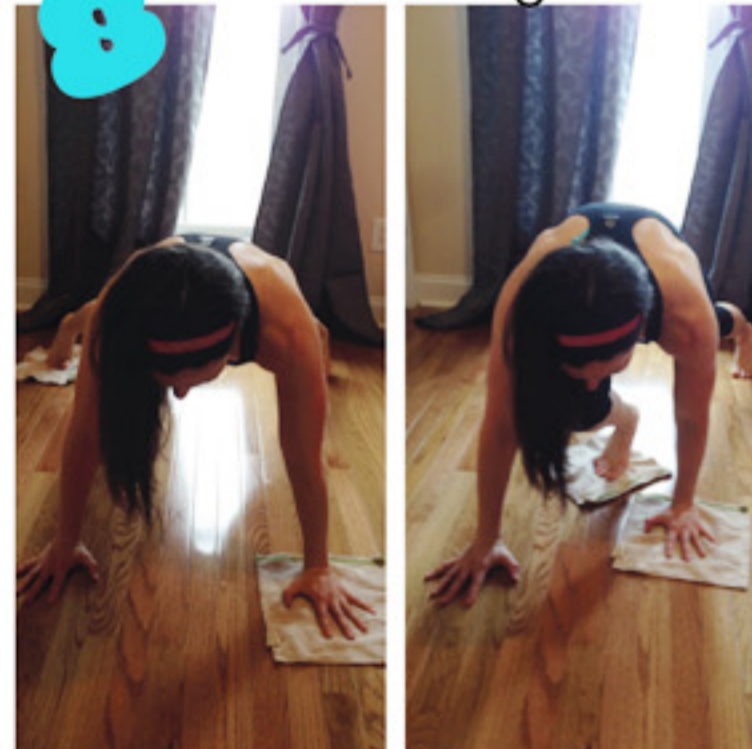
**6** hamstring slide  
left leg



**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

