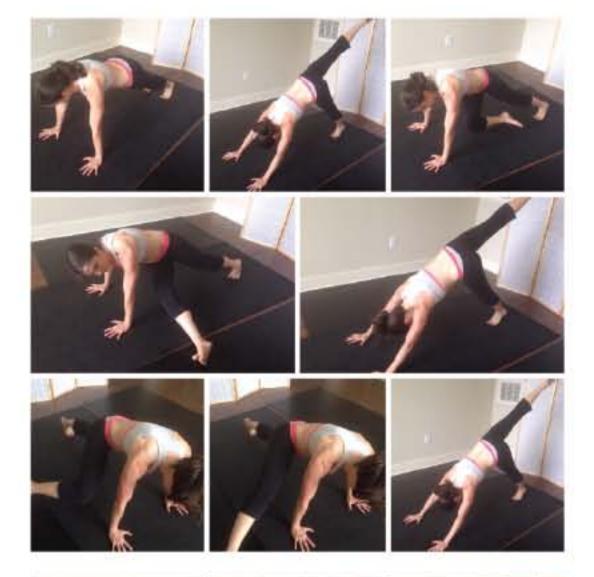


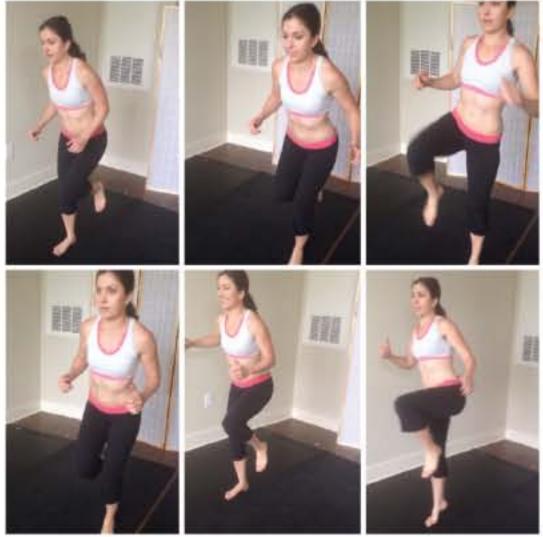
Bodyweight workout #5 12 minte core plank focus http://purelytwins.com

set timer for 12 rounds: of 10 sec rest and 50 sec work

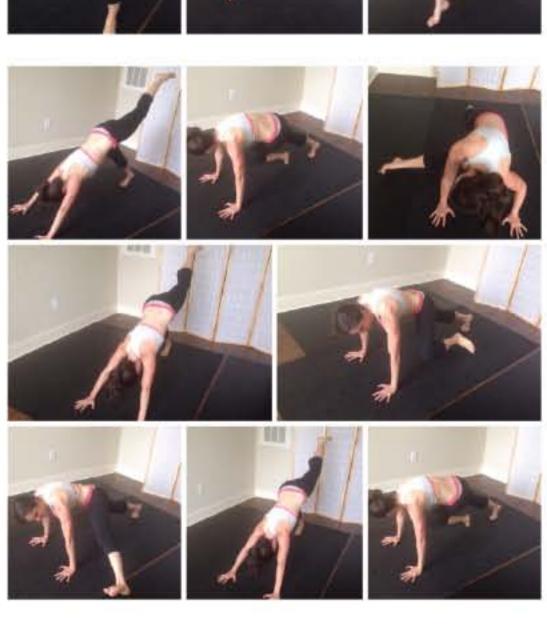
1 - downdog RIGHT single leg with cross under back to downdog to knee elbow extension



2 - skaters with single leg jump hop



3 - downdog LEFT single leg with cross under back to downdog to knee elbow extension



4 - quick feet



