

# CORE STRENGTH CIRCUIT

**5 MOVES. 60 SECONDS EACH.  
REPEAT 3 TIMES.**

This workout mainly focuses on the abdominal and back muscles, and also engages the shoulders, glutes and legs.

## What you will need:

1. Timer
2. Water
3. Mat or towel

## Instructions:

1. Complete each move for 50 seconds, then take 10 seconds to rest.
2. After you have completed all five moves, repeat the circuit two more times.

ONE



### 1. Plank Holds:

- Start with both hands and knees on the floor in an assisted push-up position.
- Bend your arms at your elbows so that your weight rests on your forearms and kick your feet out into a full plank position.
- Flex your abs and clench your glutes while keeping your body straight from your head to your heels. Hold for 50 seconds.

### 2. Hip Bridge:

- Lay on your back with knees bent, feet flat on the floor about hip-width apart and your heels close to your body.
- Pushing your heels into the floor, lift your hips towards the ceiling while squeezing through your glutes.
- Hold for two seconds and slowly return to the starting position.

TWO



THREE



### 3. Abdominal Crunch:

- Lay on your back with knees bent and feet flat on the floor.
- Place your hands behind your head with elbows pointed out to the sides, or cross your arms on your chest and tuck your chin in.
- Using your abdominal muscles, curl your body up by bringing your head and shoulders off the floor while making sure not to strain your neck.
- Hold for two seconds and slowly return to the starting position.

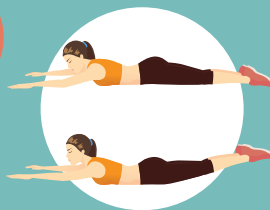
### 4. Toe Touch Crunches:

- Lay on your back and raise both legs straight up into the air while keeping both legs together.
- Raise your arms straight out in front of you, so your body makes a "U" shape.
- Perform a crunch by reaching forward, bringing only your shoulder blades off the ground, and try to touch your toes.
- Hold and slowly return to the starting position.

FOUR



FIVE



### 5. Superman/Superwoman:

- Lay on the floor with your face down and hands extended straight forward.
- Lift your legs, chest and arms off the floor as high as possible while keeping your stomach on the floor.
- Hold and slowly return to the starting position.

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