

CIRCUIT ONE

2 SETS
8 MINUTES

Jackknife

15 REPS



Plank Knee to Elbow

15 REPS
PER SIDE



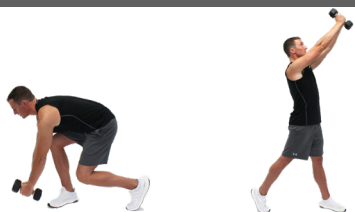
Bicycle

15 REPS
PER SIDE



Woodcutter

15 REPS
PER SIDE



Heel Tap

15 REPS
PER SIDE



CIRCUIT TWO

2 SETS
8 MINUTES

Lunge to Knee Strike

15 REPS
PER SIDE



Plank Front Raise

10 REPS
PER SIDE



Up and Out

15 REPS



Commandos

10 REPS
PER SIDE



Oblique Side Up

15 REPS



COOL DOWN: Stretch Guide (page 55)