



Workout of the Day



Trunk Circuit

Focused on core function

Complete the sets and reps prescribed with good form and focus

3 Rounds Per Exercise

<u>Sets / Reps</u>	Hard	Medium	Light
3x20	2 Point Plank 	Plank & Shoulder Touch 	Plank & Reach 
3x15	Double Leg Lower 	Single Leg Lower 	
3x60s	Feet Up Plank 	Plank 	Straight Arm Plank 
3x20	Plank & Side Roll 	Wipers 	Russian Twist 
3x10	Hollow Lifts 	Candlestick 	Sit Up & Reach 