



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 	Deadbug 
3x60s	Feet Up Plank 	Plank 	Straight Arm Plank 
3x15	Towel Row 	Prone Y 	Prone W 
3x30s	Adductor Hold 	SL Hold 	Bridge Hold 