



# 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>	<b>Hard</b>	<b>Medium</b>	<b>Light</b>
3x20	2 Point Plank 	Plank & Shoulder Touch 	Plank & Reach 
3x15	Double Leg Lower 	Single Leg Lower 	Deadbug 
3x60s	Feet Up Plank 	Plank & Side Roll 	Plank 
3x15	Towel Row 	Prone Y 	Prone W 
3x30s	Adductor Hold 	SL Hold 	Bridge Hold 