



Core strength circuit 3



General Strength  
Prisoner Squat x 15



Donkey Kick x 8



Trail leg x 12



Half Burpee x 15

Pushup x 8

Diagonal Lunge x 5



Burpee x 8

Superman x 20



Repeat

**Pillar Stabilizing Abs**

Swedish Abs (Plank)  
Front x 30 seconds

Left Side x 30 seconds

Right Side x 30 seconds

Repeat



**Hip/Glute**  
12 Repetitions

Fire Hydrant



Trail Leg (hurdle trail leg motion)

Up and back



Lying Circles (lying on your back, make a circle with one leg)

Side Leg Raises

Repeat

