

## Core Strength Circuit 1

### General Strength



Prisoner Squat X10

Pushup x 8

Plia Squat x 12 (toes are pointed outwards at an angle)



Mountain Climbers x 15



Rotation Pushups x 4 each arm (pushup into a side plank)



Wide outs x 12 (in a squat position, jump each leg to the outside)



Cobra x 10



Burpees x 7



Bicycles x 20



Rest 4 minutes, then Repeat

### Pillar

#### Abdominals Flexion/Extension

Crunches x 25



Sprinters x 15 (sit up alt. arm to knee)



Hip thrust x 20 (Seated with legs up straight, raise up)



Superman x 20



Single Leg slide x 10 each leg  
Double leg slide x 10 (keep lower back in contact with the floor)



Cobra x 15  
Repeat



#### Hip/Glutes 12 repetitions

Fire Hydrant



Trail Leg (knee higher than ankle)

Up & Back (on all 4's, leg goes up and behind back)



Lying Leg circles (lying on your back, make a circle)

Side Leg Raise



Repeat