

Complete 2 to 3 rounds as a circuit after your workout, resting 90 seconds between rounds.

## MB Russian Twist

- 30-60 sec
- Keep arms straight
- Pause briefly at center



## SB Leg Transfer

- 30-60 sec
- Keep legs straight
- Do not allow back to sag



## MB Toe Touch

- 30-60 sec
- Keep legs straight and pinned together
- Bring MB up as high as possible



## Prone Fly

- 30-60 sec
- Hands touch above head and back
- Keep arms and legs elevated



## Flutter Kicks

- 30-60 sec
- Keep legs straight, torso still
- Alternate legs with control



## Front Plank

- Hold plank for 30-60 sec
- Keep legs straight, elbows under shoulders
- Do not allow back to sag

