

Core Finisher: Level 2

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

BW Hanging Knee Raise

- 30-60 sec
- Keep legs together
- Do not use momentum



SB Pike-up

- 30-60 sec
- Keep legs and arms straight
- Hinge at hips to pike up



MB Side-to-Side Taps

- 30-60 sec
- Keep feet elevated
- Pause briefly at center



Supine Leg Raise

- 30-60 sec
- Keep back flat and torso still
- Exhale as you raise legs



Superman (Hands Pressed Together)

- 30-60 sec
- Keep hands pinned together
- Raise limbs as high as possible



Side Plank

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

