

# Core Finisher: Level 3

Complete 3 rounds as a circuit after your workout, resting 60 seconds between rounds.

## BW Hanging Trunk Twist

- 30-60 sec
- Bring knee to opposite elbow
- Pause briefly in center



## SB Push-up

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



## MB Crunch to Extension

- 30-60 sec
- Reach limbs as far as possible
- Keep back flat on ground



## BB Kneeling Rollout

- 30-60 sec
- Keep arms and back straight
- Control bar at all times



## Flutter Kicks

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



## Isometric Superman

- Hold superman for 30-60 sec
- Raise arms and legs as high as possible
- Remember to breathe

