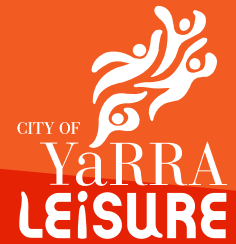


CORE WORKOUT

CORE CRUNCHING CIRCUIT



If you're searching for a workout that burns to the core, look no further!

Smash out each of these exercises for 50 seconds, take a 10 seconds rest between exercises and repeat 3 times!

WORKOUT

- 1 Bicycle crunch
- 2 Bicycles
- 3 Butterfly crunch
- 4 Right oblique crunch
- 5 Left oblique crunch
- 6 Oblique twists
- 7 Reverse crunch
- 8 Commandos