



# CORE & FULL BODY

Complete core first, in order alternating through each exercise. Then, progress to the full-body workout following the same format, i.e. complete the first exercise once and, then move on to the next one until you have completed three times.

*Warm Up*

## **CORE**

Partner Plank Baby Hi 5 - 1 MINUTE Russian Twist -3x20 Mountain Climbers - 3x30sec-1 minute

## **FULL BODY**

Supermans 3X8-10 Chest Press 3x10-12

Curtsey lunge 3x12-15 Each Side Squat Curl Press 3x12-15

*Cool Down*