

Circuit 2 Exercises

(Repeat 3x)

Prone Static Planks

Hold for 30 seconds



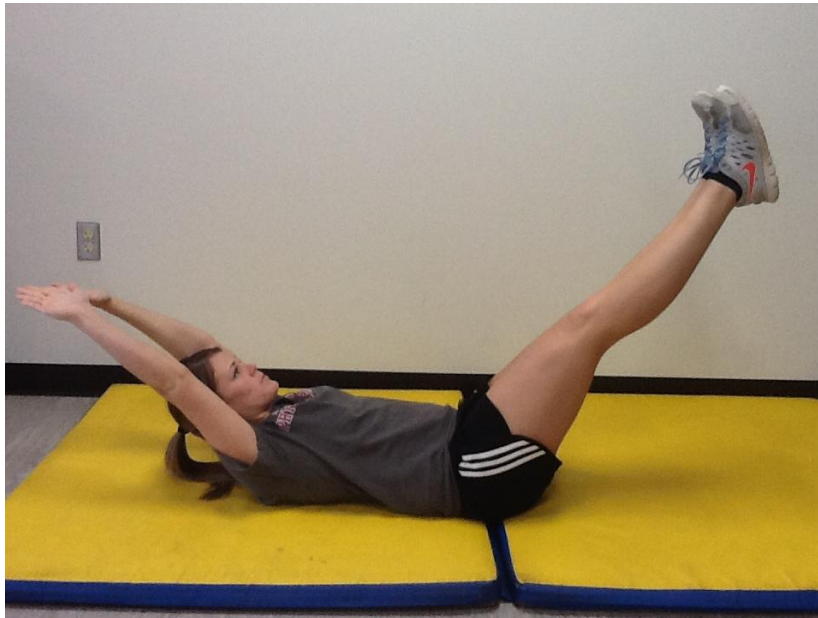
Lateral Planks

Hold for 15 seconds on each side



V-up

15 reps



Position 1



Position 2

Superman

Hold for 60 seconds



I, T, Y on Swiss Ball

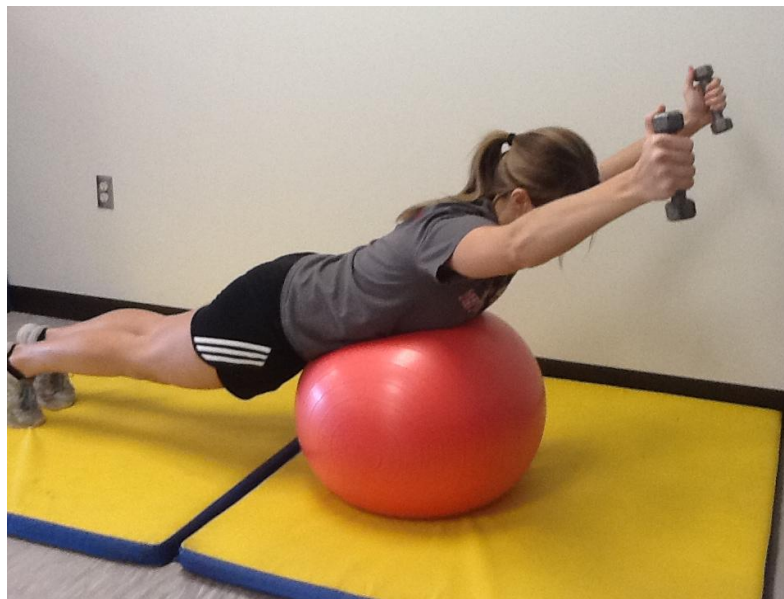
5 reps each direction



Position 1



Position 2



Position 3

Push-ups

15 reps

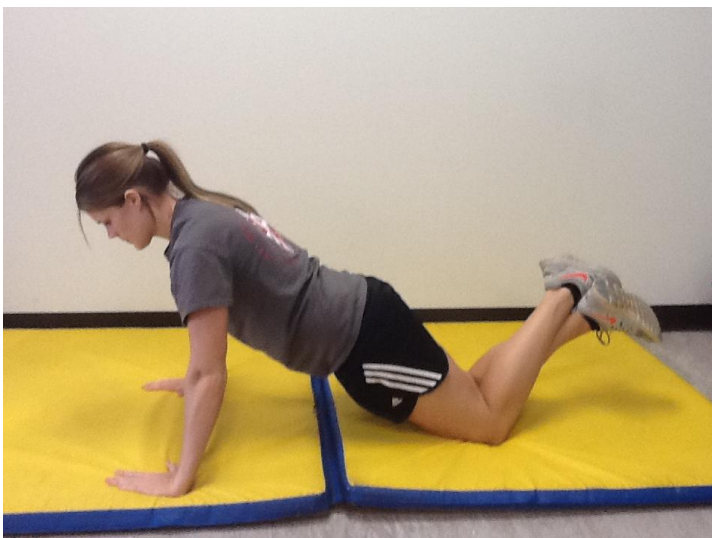


Position 1

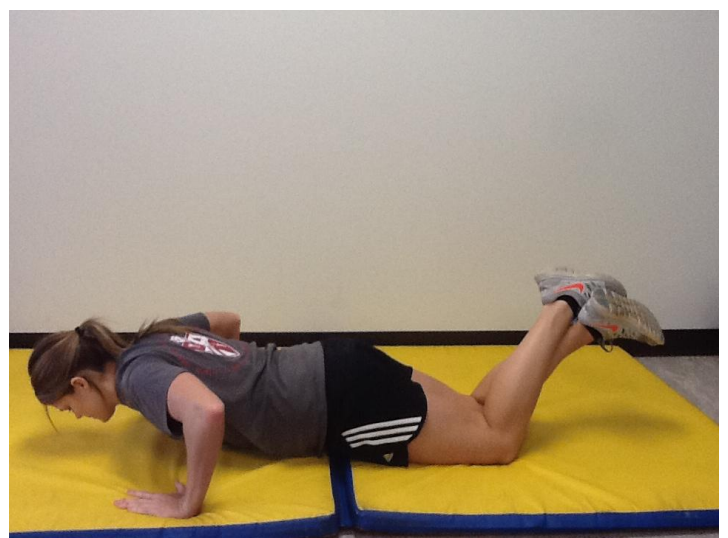


Position 2

**If the person is unable to do a regular push-up, they can do a modified push-up instead (pictured below).



Position 1



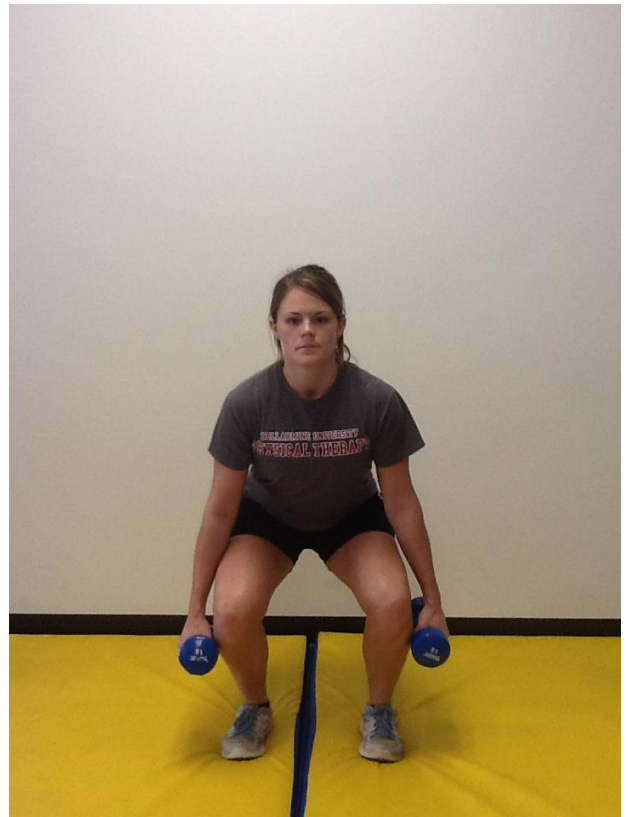
Position 2

Squats with Weight

15 reps



Position 1



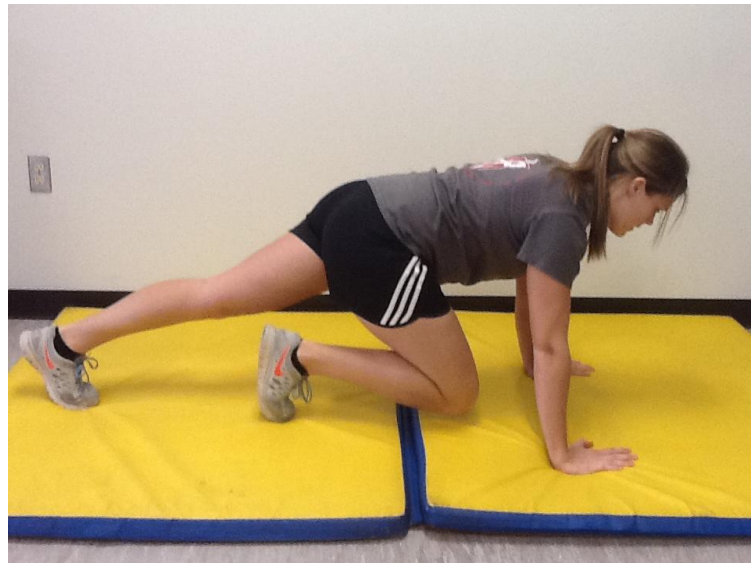
Position 2

Mountain Climbers

30 reps total



Position 1



Position 2



Position 3

