Circuit 5 Exercises

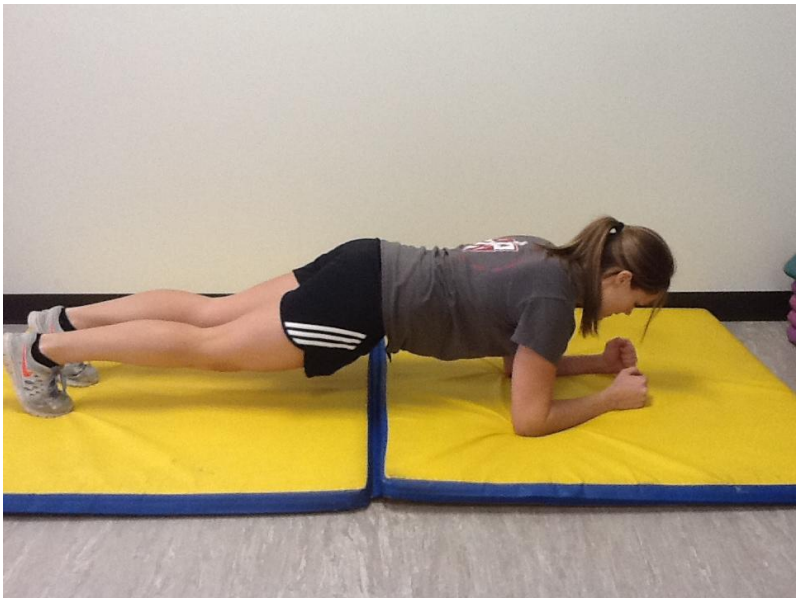
(Repeat 3x)

Prone Plank Up Downs

45 seconds

Position 1

Position 2



Position 3

Lateral Planks w/ Perturbations

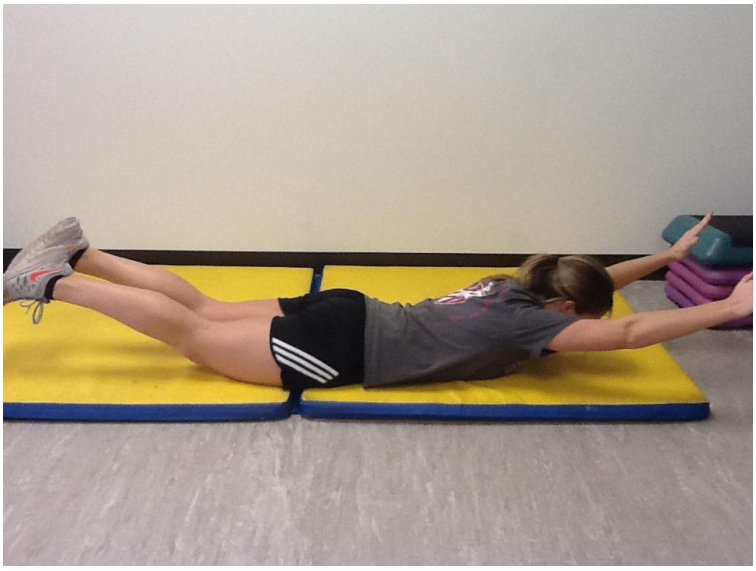
25 seconds on each side

Position 1

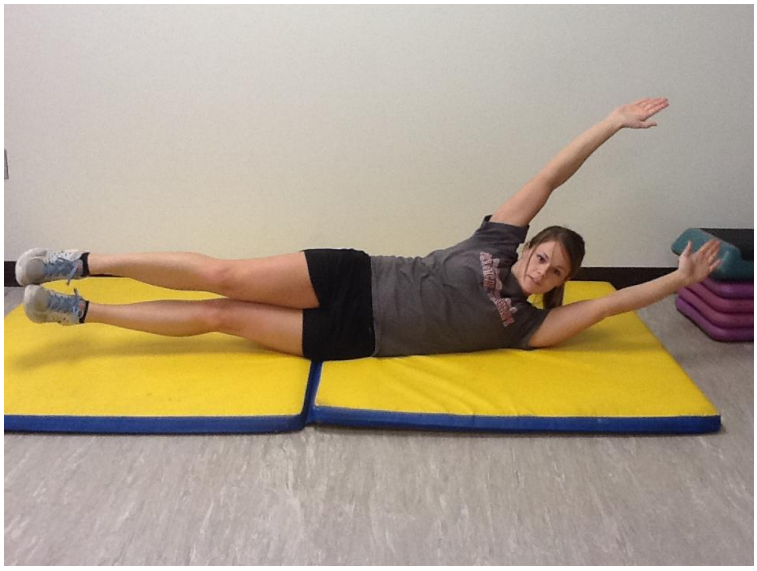
Position 2

Superman Banana

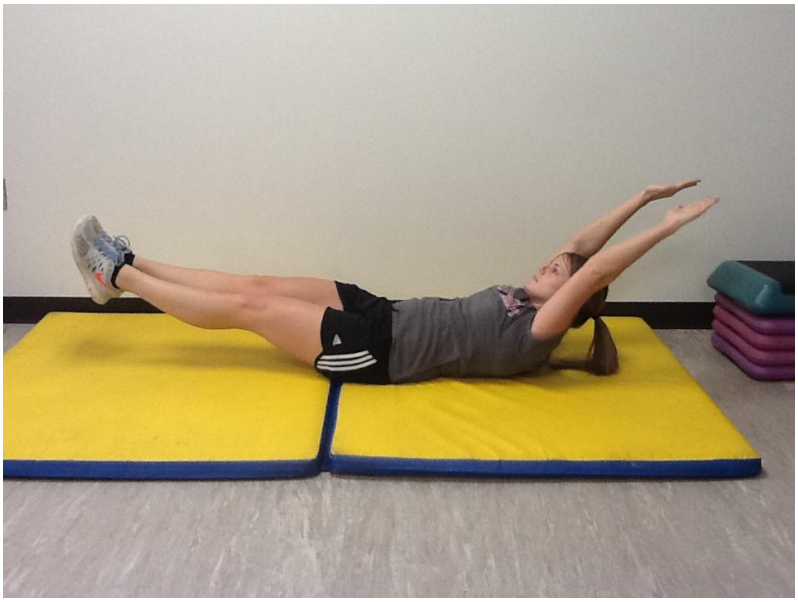
5 each direction



Position 1



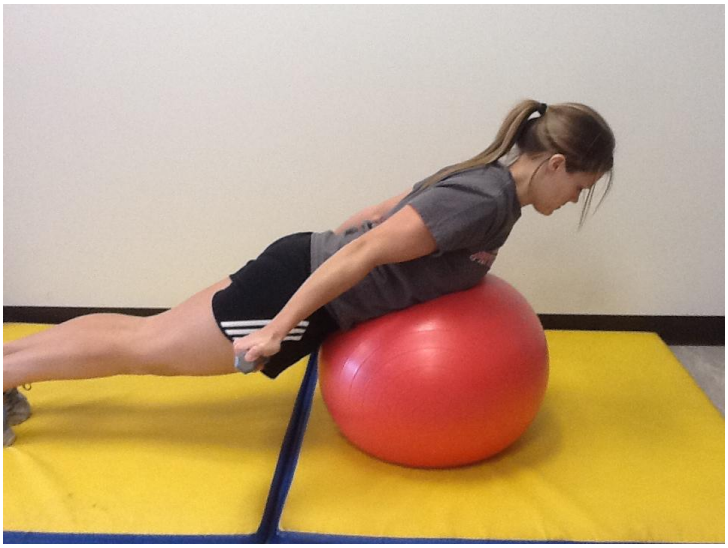
Position 2



Position 3

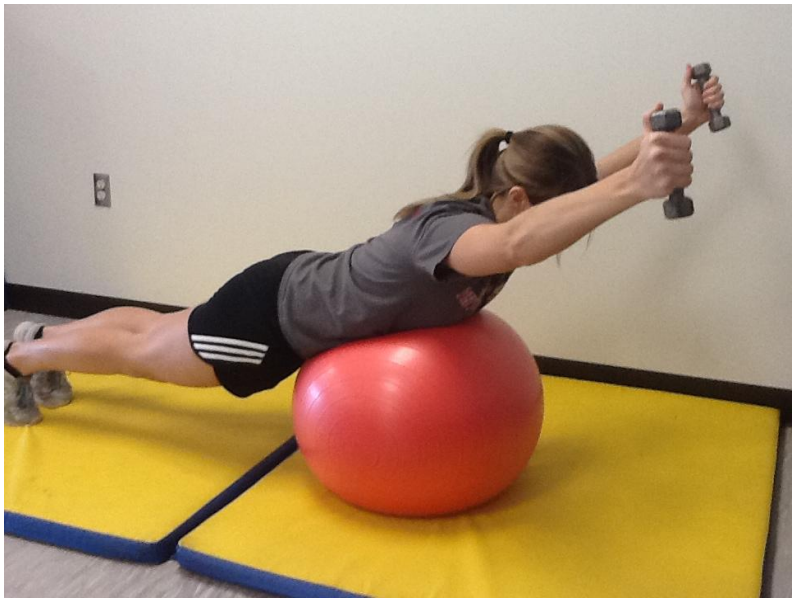
I, T, Y on Swiss Ball

5 reps each direction



Position 1

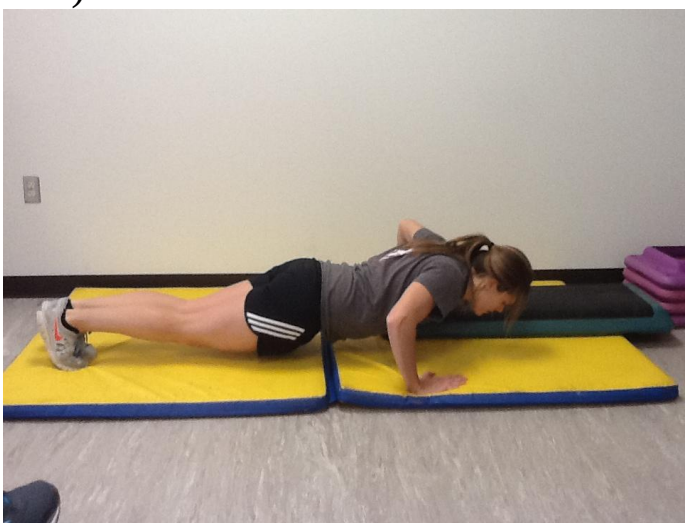
Position 2

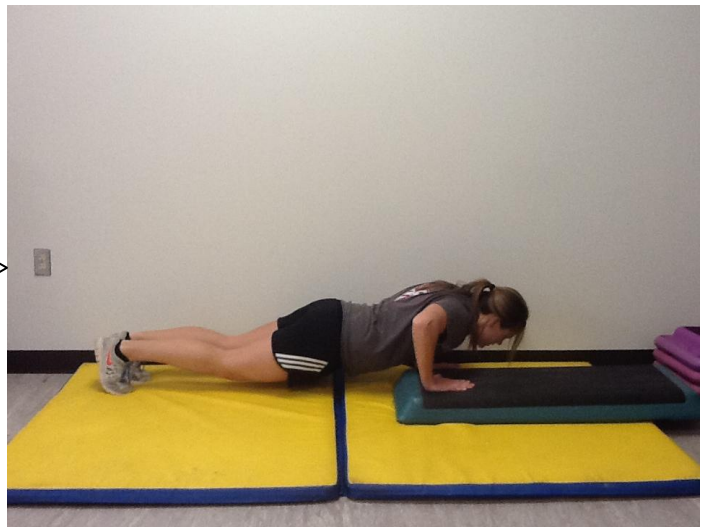


Position 3

Push-ups on Medicine Ball

16 total (8 each side)

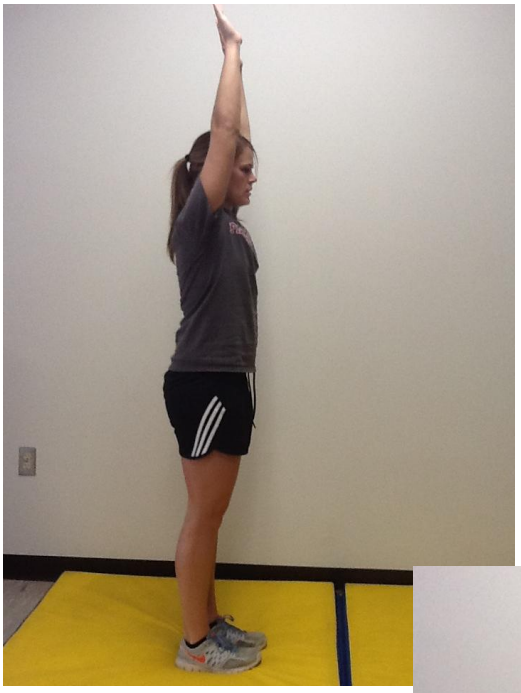
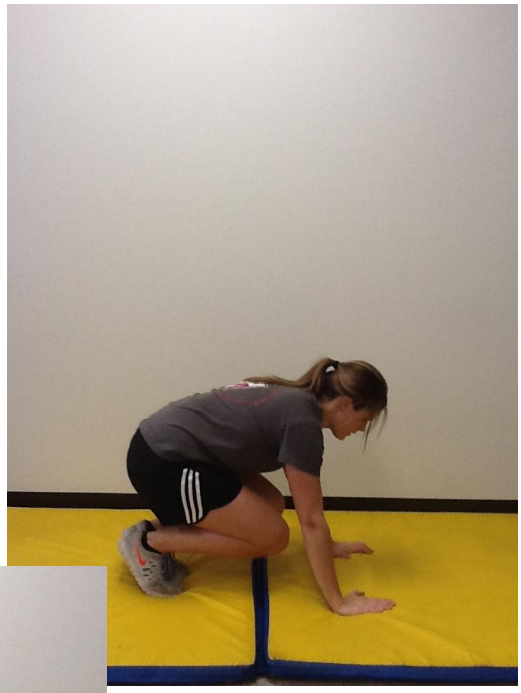
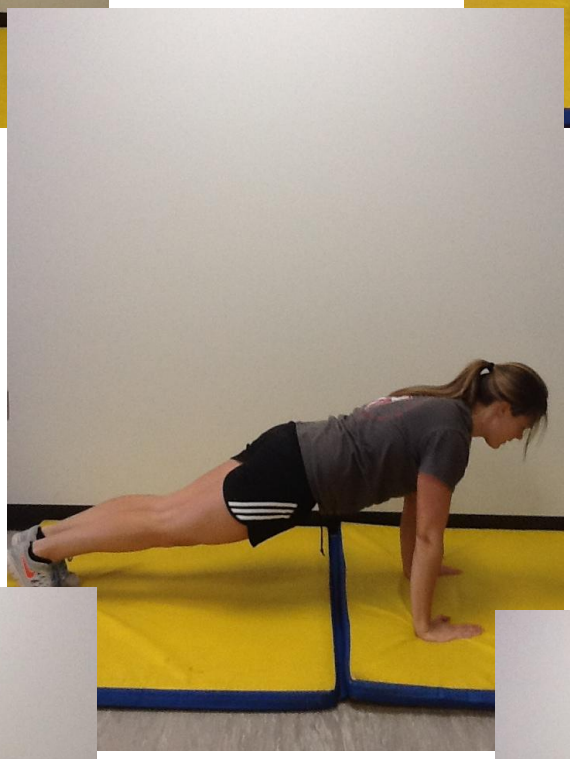
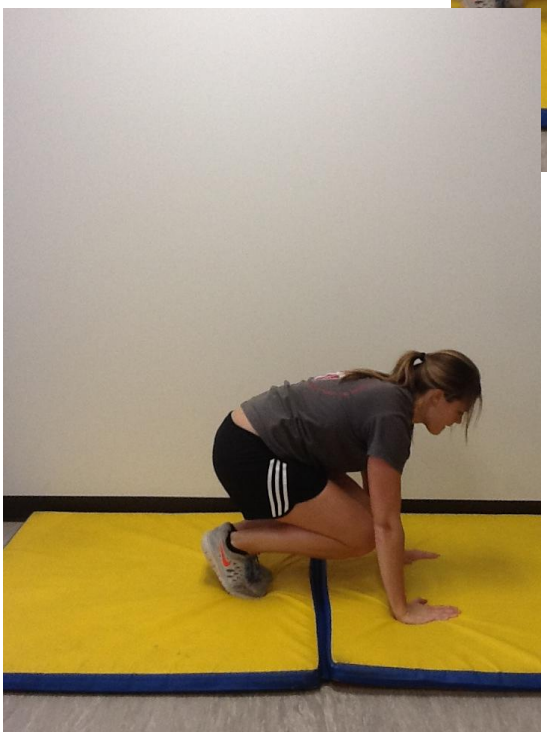
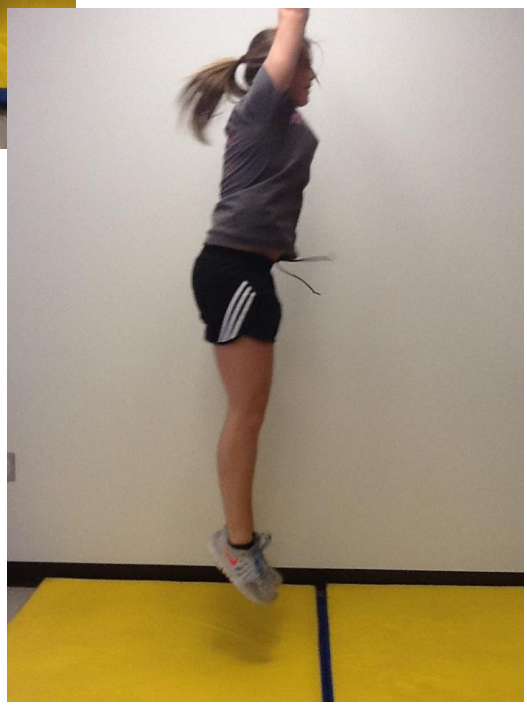




KB Swing

15 reps

Position 3

Burpees

15 total