

## LEVEL 1- Circuit A

Alternate Circuit A one day and Circuit B the next day for a 21 minute workout 4-6 times a week.

### You Will Need:

- 21 Minutes
- A mat
- Water
- A towel
- Your kitchen counter

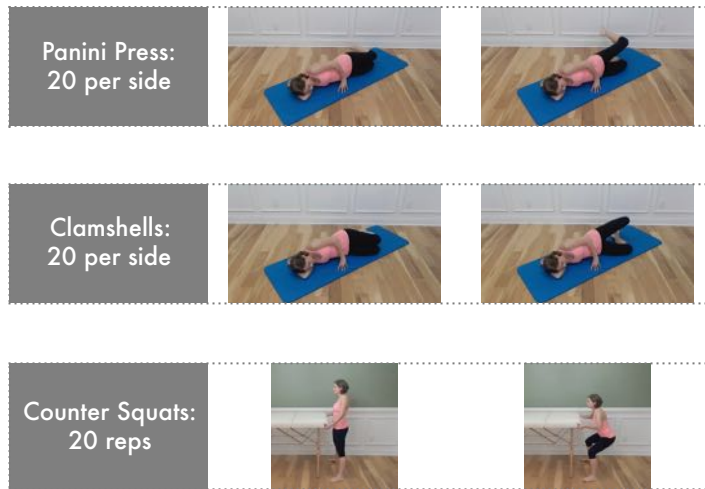
### Core Drill Exercises

Do these two core drill exercises in order, then repeat for 2 total rounds.



### Circuit A: 3 Rounds

Do the next 3 exercises in order, then repeat the sequence 2 more times for 3 total rounds.



### Cool Down

Do these 5 stretches at the end of your workout: 15 seconds each side (except chin tuck:10 reps).

