

## LEVEL 1- Circuit B

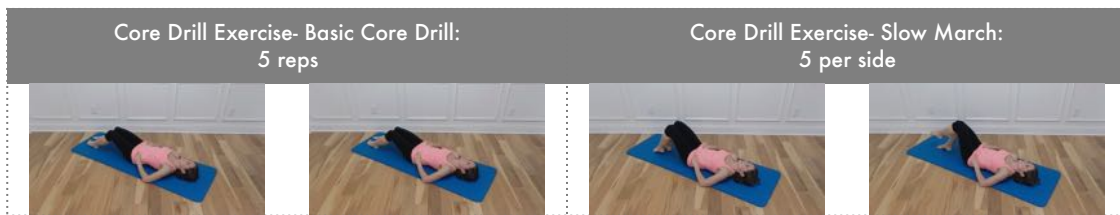
Alternate Circuit A one day and Circuit B the next day for a 21 minute workout 4-6 times a week.

### You Will Need:

- 21 Minutes
- A mat
- Water
- A towel
- A pillow (a nursing pillow works great)

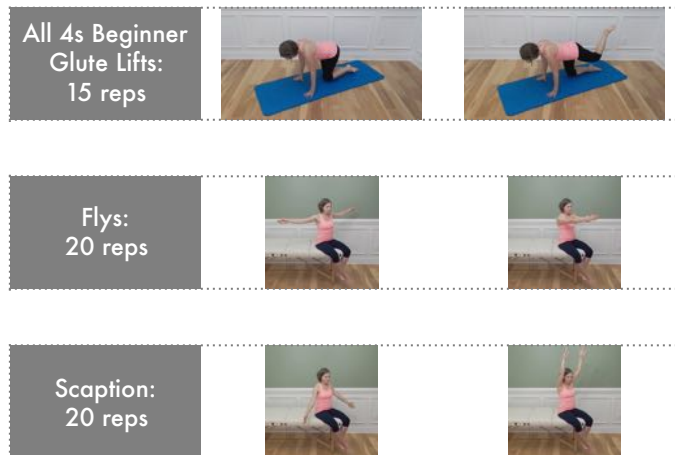
### Core Drill Exercises

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



### Circuit B: 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 after every workout: 15 seconds each side (except chin tuck: 10 reps).

