

## LEVEL 2- Circuit A

Alternate Circuit A one day and Circuit B the next day for an 18-24 minute workout 4-6 times a week.

### You Will Need:

- 18 Minutes
- A mat
- Water
- A towel
- A pillow
- A chair

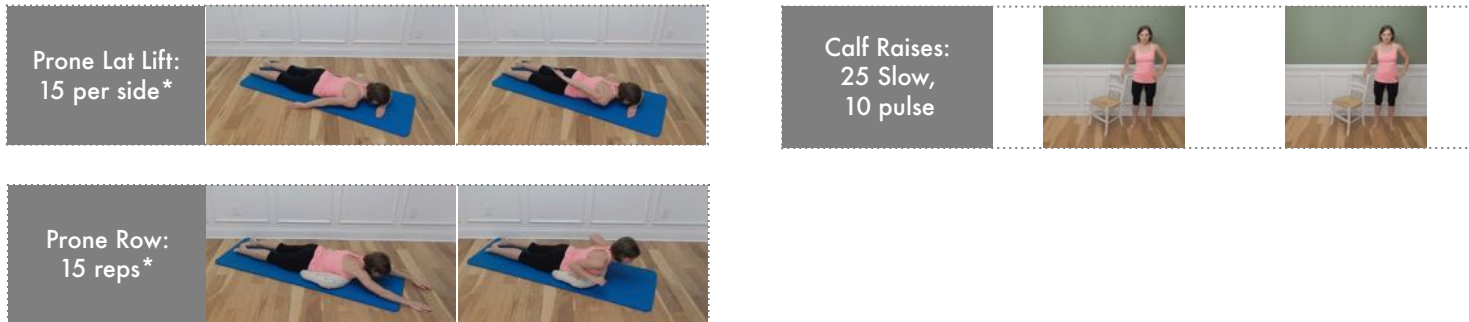
### Core Drill Exercises

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



### Circuit A: 3 rounds

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



*\*Note: if it is still uncomfortable to lie on your belly, you may need to start on a softer surface, like a bed, at first*

### Cool Down

Do these 5 stretches after every workout: 15 seconds each side (except chin tuck: 10 reps).

