

## LEVEL 2- Circuit B

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

### You Will Need:

- 24 Minutes
- A mat
- Water
- A towel

### Core Drill Exercises

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



### Circuit B: 3 rounds

Do the following 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).

