

LEVEL 3 - Circuit A

Alternate Circuit A one day and Circuit B the next day for a 26-28 minute workout 4-6 times a week.

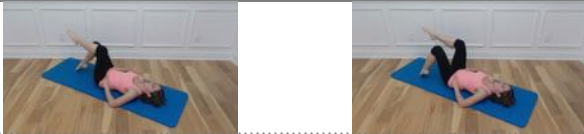
You Will Need:

- 28 minutes
- A mat
- Water
- A towel
- A chair

Core Drill Exercises

Do these 2 exercises before every workout.

Core Drill Exercise- Toe Tap:
10 per side



Core Drill Exercise-Arm Pull:
10 reps



Circuit A: 3 Rounds

Do the following 5 exercises in order, then repeat 2 more times for 3 total rounds.

Calf Raises:
25 slow,
10 pulse



All 4s Glute Lift
and Pulse + Ham
Curl:
15/10/10



Straight Leg
Lifts:
15 per side



Hip Rotation in
Sidelying:
15 each way,
each side



Diagonal Back
Lifts:
15 per side



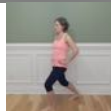
Cool Down

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

Calf Stretch



Thigh and Hip
Stretch



Hamstring Stretch



Chin Tuck



Cat Stretch

