

JM Fitness Boot Camp TO GO

Written workout #12 - **100% CORE**

What You'll need:

#1 - **A Stopwatch**

Instructions = 30 Seconds of work and 30 seconds of rest. Do each move 3 times and then move on to the next core exercise. Take a 1 Minute break after the first circuit.

Circuit #1

Power Crunch (Flex Abs)
Forward Plank
Left Side Crunch
Right Side Crunch
Sit Ups

Circuit #2

Supermans
Leg Raise
Opposite Arm/Leg Lifts
Fluttering Kick Leg Raise
Superman Hold