

JM Fitness Boot Camp TO GO

Written workout #16 - **100% CORE #2**

What You'll need:

#1 - **A Stopwatch**

#2 - **A Dumbbells (DB)**

Instructions = 40 Seconds of work and 20 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

DB Sit Up
DB Left Side Crunch
DB Right Side Crunch
DB 1/2 up Leg Raise
DB Superman (Hold a light
DB in hands)

Circuit #2

Forward Plank
Left Side Plank
Right Side Plank
Straight Leg Hold
Superman Hold