

JM Fitness Boot Camp TO GO

Written workout #20 - **100% Core #3**

What You'll need:

#1 - **A Stopwatch**

#2 - **Sliders Or Coated Paper Plates**

Instructions = 1 minute of work and 30 seconds of rest. Do each move 2 times and then move on to the next exercise. Take short breaks during the rounds if needed.

Circuit #1

Slide out (Hands on sliders)

Pikes or slide in (Feet on sliders)

Left Slider Crunch

Right Sider Crunch

Opposite Arm / Leg Lift

***** **1 MINUTE BREAK** *****

Forward Plank

Left Side Plank

Right Side Plank

Straight Leg Hold

Superman Hold