

Circuit 4 Exercises

(Repeat 3x)

Single Leg Bridge

10 reps each leg; hold for 3 seconds



Prone Planks w/Side Leg Crunch

Hold for 45 seconds while performing the leg crunches



Position 1



Position 2

Lateral Planks w/ Perturbations

25 seconds on each side



Position 1



Position 2

Crunchy Frogs

30 reps total



Position 1



Position 2

Bent Over Rows w/Weight

15 reps each arm



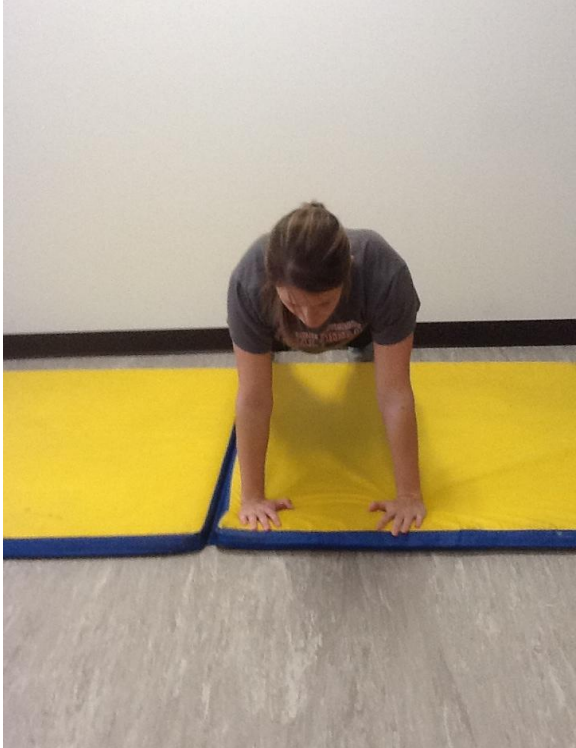
Position 1



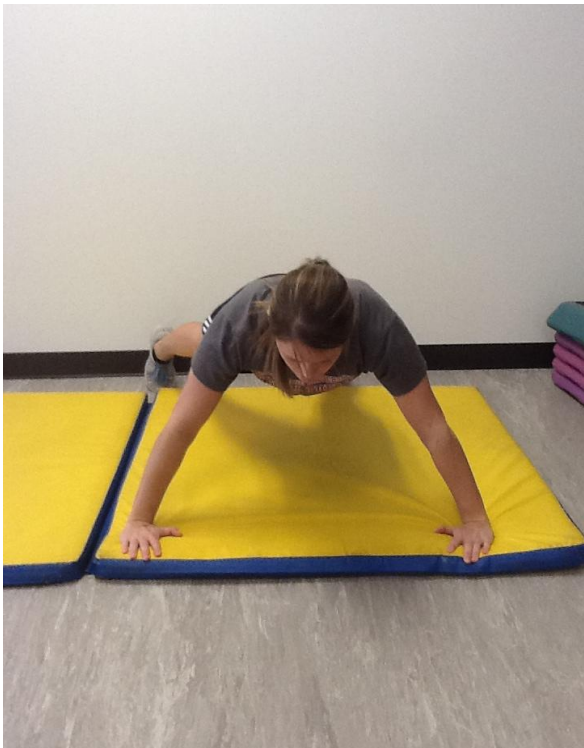
Position 2

Moving Push-ups

15 reps



Position 1



Position 2



Position 3



Position 4

SLS Deadlift w/Dumbbells

15 reps



Position 1



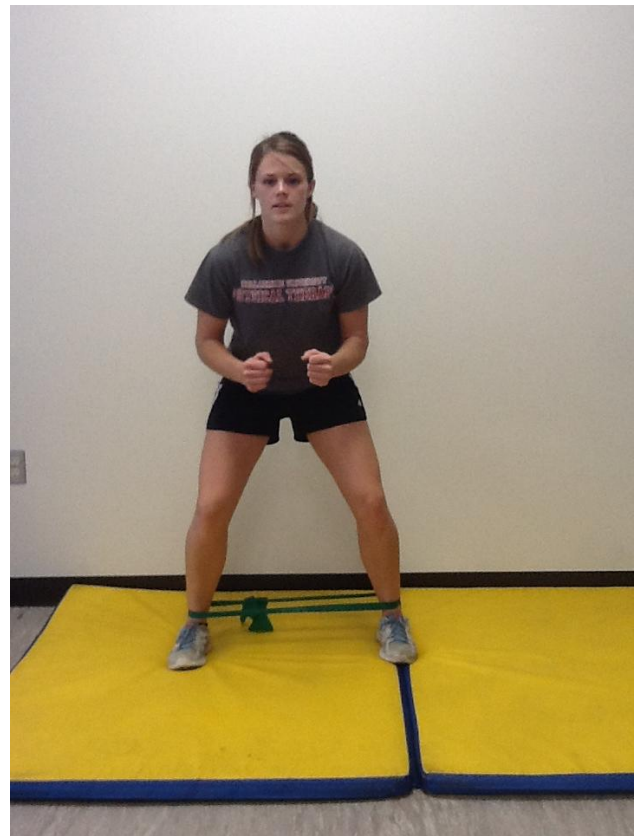
Position 2

Side Stepping w/T-band at Ankles

15 steps each direction



Position 1



Position 2