

# ALL LEVELS TURNS AND CORE



DO EACH EXERCISE FOR 60 SECONDS

REST FOR 20 SECONDS BETWEEN EXERCISES

REPEAT THE CIRCUIT 3 TIMES.



1

PASSÉ  
EXTEND



2

ONE LEG  
V-UP



3

PUSH  
BACK  
PLANK



4

PIKE  
PLANK



5

BOSU BALL  
COUPÉ  
IN PLIÉ

