

# FIRE UP YOUR CORE

## Circuit Workout

After warming up with light cardio for five minutes, repeat each three-exercise circuit three times.

### CIRCUIT 1



**RUNNER'S LUNGE WITH PUSH-UP**  
15 REPS



**BIRD DOG**  
15 REPS  
EACH SIDE



**ELBOW PLANK WITH REACH**  
15 REPS

### CIRCUIT 2



**REVERSE LUNGE WITH REACH**  
15 REPS



**GOOD MORNING**  
15 REPS



**SIDE LUNGE**  
15 REPS

### CIRCUIT 3



**ELBOW PLANK AND ROTATE**  
15 REPS



**DEAD BUG**  
15 REPS



**SINGLE-LEG BRIDGE**  
15 REPS  
EACH SIDE