

HOME PROGRAM WEEK 1-4

Aim for doing these circuits at least once a day. You can do this more than 3x but don't overdo it.

Lying down

Core Breath (Lying down) x 10

<https://youtu.be/jJ771y6TKwM>

Glute Squeezes x 10 (5-10 sec hold)

https://youtu.be/9aUkyp01_gw

Half side plank w dips x 5-10

<https://youtu.be/ovtqt3faYQE>

Half side plank hold (10-30 seconds)

<https://youtu.be/W4oK-OzkIT0>

Seated

Core Breath (Seated)

<https://youtu.be/jJ771y6TKwM>

RB Woodchoppers x 10

<https://youtu.be/it5kNAIE5VI>

RB Core Press x 10

<https://youtu.be/YBgaDJO3gXw>

RB Downward woodchoppers x 10

<https://youtu.be/pnILOXYmpbM>