

## HOME PROGRAM WEEK 5-8

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>

Side plank w dips x 10 into 30 sec hold

<https://youtu.be/ovtqt3faYQE>

Supermans x 10 into 20-30 sec hold

<https://youtu.be/xkd0jKfXhws>

Walking plank x 10

<https://youtu.be/eVcyIFEtH3w>

Seated

Core Breath (Seated)

<https://youtu.be/jJ771y6TKwM>

RB Woodchoppers x 10 into hold x 20-30 sec

<https://youtu.be/Z0S2QpCwuxI>

RB Core Press x 10 into hold x 20-30 sec

<https://youtu.be/pnILOXYmpbM>

RB Pull Aparts x 20

<https://youtu.be/IEKPxPIoprc>