

CORE

WORKOUT

10
MIN

BODYWEIGHT + EXERCISE BALL

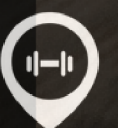
After the warm up, perform each WORKOUT moves for 40 seconds, resting 20 seconds between moves. These moves will be performed consecutively for a 10 minute workout. If time allows, repeat the WORKOUT once or twice for a 20 or 30 minute burn!

WARMUP

- Jumping Jacks - 30 seconds
- Sun Salutations - 30 seconds
- Exercise Ball, Side-to-Side Trunk Rotations - 30 seconds
- Exercise Ball, Reverse Lunge w/ Ball Raise - 30 seconds

WORKOUT

- Stability Ball Core Circles
- Stability Ball Knees to Elbows
- Stability Ball Banana Switch
- Stability Ball Knees to Chest
- Stability Ball Pike
- Stability Ball Plank
- Stability Ball Bicycle Crunch
- Stability Ball Russian Twist
- Stability Ball Superman
- Stability Ball Side Plank



HOTEL ATHLETE