

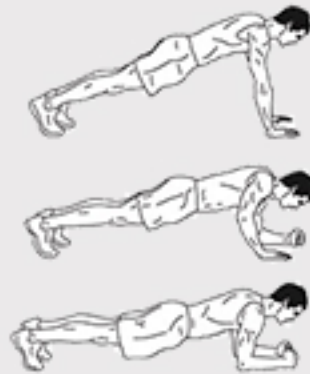
XF

CORE CONDITIONING

LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes



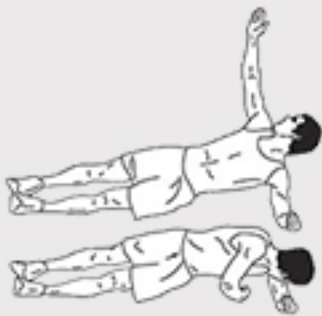
10 plank crunches



5 up & down planks



10-count plank hold



5 side plank rotations



5 side bridges



10-count side plank hold

change sides and repeat the sequence