

# JESS COATE Fitness



CORE CIRCUIT		
4 SETS- 60 SEC REST IN BETWEEN SETS		
	REPS/TIME	EXERCISE
A1	30-60Sec/Side	<b>Side Plank</b> <i>Brace your core and hold in a Side Plank Position</i>
A2	15	<b>V-Sits</b> <i>Brace your core and draw your knees in towards your chest, slowly lower outwards keeping your core braced.</i>
A3	20	<b>Sit Ups</b> <i>Brace your core and draw your spine up off the mat as you perform the sit up.</i>
A4	10/Side	<b>High Plank with arm raise</b> <i>Brace your core and start in a high plank position, alternating arms taking one arm off the mat at a time.</i>