

# JESS COATE Fitness



CORE CIRCUIT		
4 SETS- 60 SEC REST IN BETWEEN SETS		
	REPS/TIME	EXERCISE
A1	20 Sec	<p><b>Single Leg Raise</b></p> <p>Brace core by drawing your belly button in towards your spine. Hold there and slowly lower one leg at a time, making sure your lower back doesn't raise off the ground. Leg straight to progress the exercise, knee bent to regress the exercise.</p>
A2	20 Sec	<p><b>Opposite Crunch</b></p> <p>Brace core by drawing your belly button in towards your spine. Hold there and lift your shoulder blades off the ground. Opposite elbow towards opposite knee.</p>
A3	10-20 Sec	<p><b>Hollow Body Hold</b></p> <p>Brace core by drawing your belly button in towards your spine. Hold there and lift your legs and arms off the ground. Hold this position. Bent knee to regress this exercise.</p>
A4	30 Sec-60 Sec	<p><b>Planks</b></p> <p>Plank/prone hold position is on your elbows and your toes. Contract your core and hold in this position.</p>