



Thrive Without Limits

STABILITY-CORE WORKOUT

CIRCUIT: 3x, minimal rest

- Squat to Hip Rotation : 16R
- Reverse lunge to front knee raise : 16R (2 second pause each knee up)
- DB swing to OH arm extension (light weight) : 10R (2 sec pause at top)
- Jumping Jacks : 20R

CIRCUIT: 2x, 60 sec rest between sets

- Alternating leg in & outs : 20R
- Side V-ups : 12R
- Up & Down Planks : 10R
- Plank Jacks : 10-12R

CIRCUIT: 2x, 60 sec rest between sets

- SL Balance – knee up : 45 sec/side
- Banded march : 45 sec
- Static lunge SA overhead press : 10-12R/side
- Star Crunch : 8R/side

CIRCUIT: 2x, 60 sec rest between sets

- 90/90 hold : 30 sec
- Dead Bug Toe Taps : 30 sec
- Leg raise : 10R
- Reverse crunch : 10R

KEY:

DB: Dumbbells

KB: Kettlebell

SA: Single Arm

SL: Single Leg

AMRAP: As Many Reps As Possible

EMOM: Every Minute on the Minute

Triple Drop Set:

Doing a Set of 3 Consecutively,
Each Time Dropping the Weight

HE: Heels Elevated

SB: Sandbag

MB: Medicine Ball

DISCLAIMER:

Exercise is not without its risks and this or any other exercise program may result in injury. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional.

Not all exercises are suitable for everyone and this or any other exercise program may result in injury. PLEASE ALWAYS consult your DOCTOR before beginning this or any other exercise program.