

STRENGTH CIRCUIT 5 - ABS

you need : towel, waterbottle, interval timer or app
optional : mat



Sequence : **warm-up** for at least 5 minutes
circuit x 2 for 25 min work-out
cooldown and stretching for at least 5 min

Set your interval timer to 90-30 seconds. Each 90 sec interval you perform the exercise, focus on form.
Make sure to keep your core engaged and your back straight for all exercises.
Take 30 sec in between the exercises to rest, add/remove the resistance band and move on.
Take 1 min in between rounds to recover

