

Shedding Layers

Workout A		ROUND	ROUND	ROUND	ROUND
		1	2	3	4
PLEDGE PLANK [RT/LT] JACK	4x10				
ALT DEAD BUG X W/BAND	4x20				
SQUAT TOE TOUCH	4x20				
HIP CIRCLES RIGHT	4x10				
HIP CIRCLES LEFT	4x10				
LUNGE WITH HEAL LIFT RIGHT	4x10				
LUNGE WITH HEAL LIFT LEFT	4x10				
Workout B		ROUND	ROUND	ROUND	ROUND
		1	2	3	4
WALL CRUNCH	4x10				
SINGLE LEG TABLE TOP TRICEPT PU	4x10				
SINGLE LEG TABLE TOP TRICEPT PU	4x10				
WINDSHIEL WIPPERS	4x10				
TWIST N JABS	4x30				
DYNAMIC TWISTS	4x10				
DYNAMIC TWISTS	4x10				
Workout C		ROUND	ROUND	ROUND	ROUND
		1	2	3	4
DYNAMIC 1/2 CHILDS POSE [R]	4x10				
DYNAMIC 1/2 CHILDS POSE [L]	4x10				
SEATED TRI PRESS R	4x10				
SEATED TRI PRESS R	4x10				
ALT LATERAL LUNCH BALL PUSH	4x10				
FIGURE 4 ANKLE CIRCLE R	4x20				
FIGURE 4 ANKLE CIRCLE L	4x20				