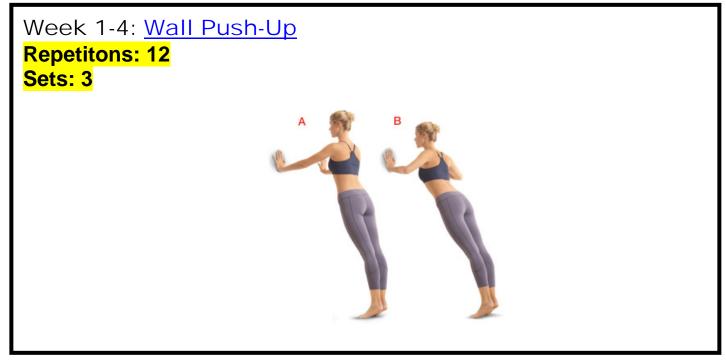
This exercise program is performed in a circuit. Each exercise is performed one after another until all of the exercises have been completed. This is called one circuit. Allow yourself to rest for 30-45 seconds before completing the circuit for the second time. Repeat until you have performed the circuit 2-3 times, with a 30-45 second rest period between each circuit.









Week 1-4: Single Leg Bridges

Repetitons: 12 repetitions each leg

Sets: 3



Week 1-4: <u>Seated Row with stretch band</u>

**Repetitons: 12 repetitions** 

Sets: 3



Week 1-4: The Plank

Repetitons: 30 second hold Sets: 2

