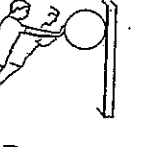
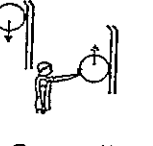
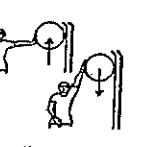
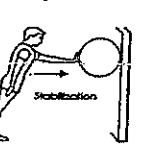
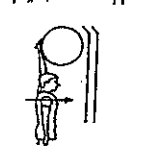
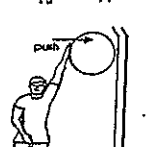
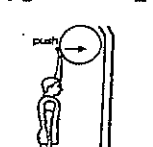
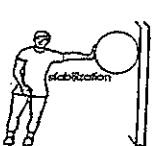
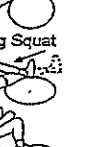
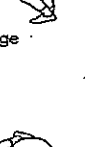


## PhysioBall Circuits

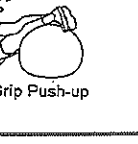
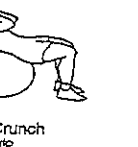
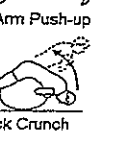
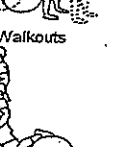
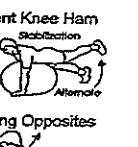
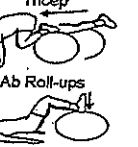
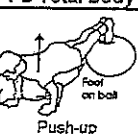
### PB Shoulder



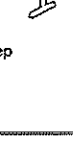
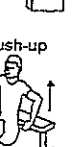
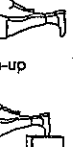
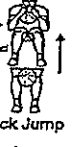
### PB Legs



### PB Total Body

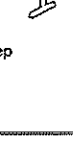
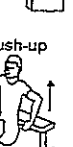
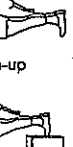
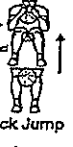


### Jumps

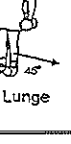
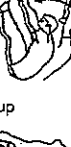
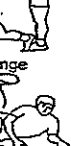
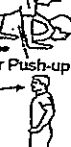
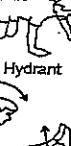
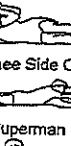


## General Strength Circuits

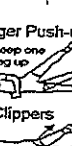
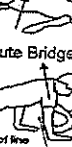
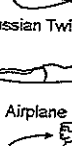
### Jumps



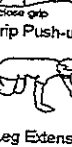
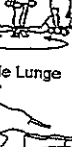
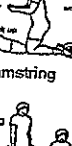
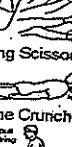
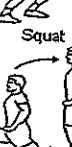
### Sprints



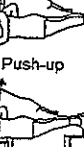
### Multis



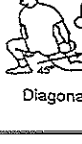
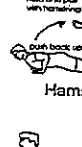
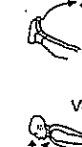
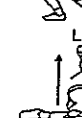
### Distance



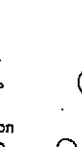
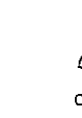
### Throws



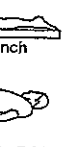
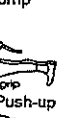
### Triceps



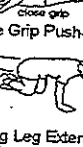
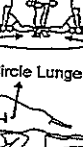
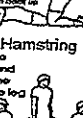
### V-ups



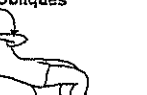
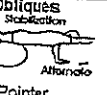
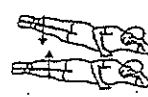
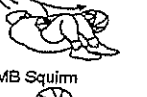
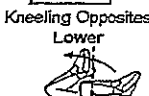
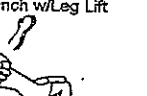
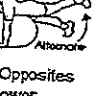
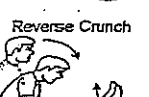
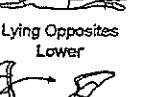
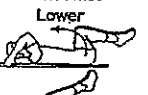
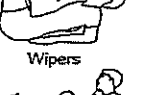
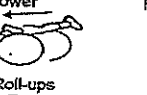
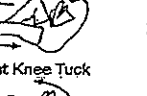
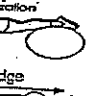
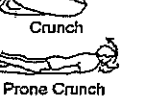
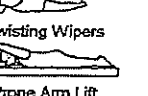
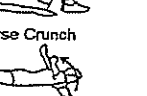
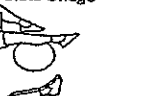
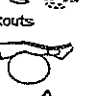
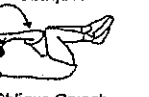
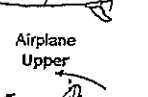
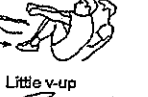
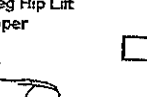
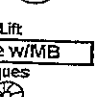
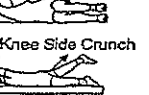
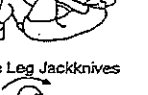
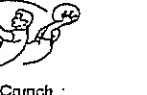
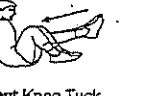
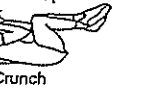
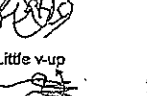
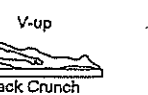
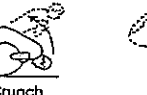
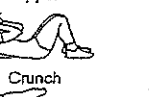
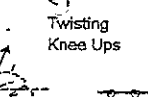
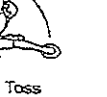
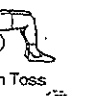
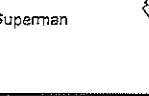
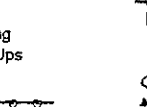
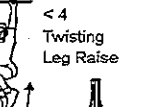
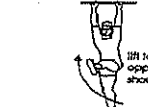
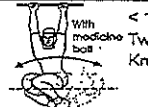
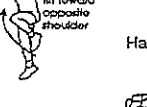
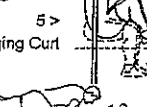
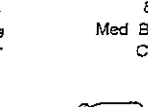
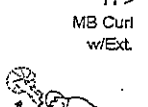
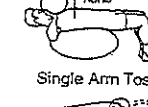
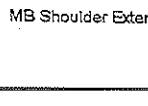
### Box Lunges



### Jackknives



# CORE Circuits - Abdominals and Back Exercises

| Grand Prix<br>Obliques                                                                                             | Super Grand Prix<br>Obliques                                                                                  | Golden League<br>Obliques                                                                                        | World Champs<br>Obliques                                                                                         | Olympic Games<br>Obliques                                                                                            | PB Core<br>Obliques                                                                                                   | PB Stabilization<br>Obliques                                                                                      |
|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| <br>Crossover Obl. Crunch         | <br>Alternating Leg Crunch   | <br>Obl. Crunch w/Leg Ext       | <br>Straight Leg Obl. Crunch    | <br>MB Russian Twist              | <br>Oblique Crunch                 | <br>Stabilization Alternate    |
| <br>Russian Twist                 | <br>Side Leg Lift            | <br>Squirm                      | <br>MB Russian Twist Toss       | <br>MB Squirm                     | <br>Obl. Crunch w/Leg Lift         | <br>Twisting Oblique Crunch    |
| <br>Kneeling Opposites Lower      | <br>Straight Leg Obl. Crunch | <br>Knee-Up                     | <br>Russian Twist               | <br>Lying Opposites Lower         | <br>Russian Twist                  | <br>Lying Opposites Lower      |
| <br>Reverse Crunch                | <br>Back Twist Lower         | <br>Lying Opposites Lower       | <br>Back Twist Lower            | <br>Clippers                      | <br>Twisting Back Crunch Lower     | <br>Reverse Hyperextension     |
| <br>Straight Leg Tuck             | <br>Lower Ab Curl            | <br>SL Bent Knee Tuck           | <br>Straight Leg Tuck           | <br>SL Bent Knee Tuck             | <br>Ab Roll-ups                    | <br>Single Leg Back Bridge     |
| <br>Butterfly Upper               | <br>Clippers                 | <br>Twisting Wipers             | <br>Reverse Crunch              | <br>Reverse Crunch                | <br>Reverse Hyperextension one leg | <br>Bridge                     |
| <br>Little v-up                 | <br>Moving Scissors        | <br>Prone Arm Lift Upper      | <br>Moving Scissors           | <br>Butterfly Upper             | <br>Single Leg Glute Bridge      | <br>Walkouts                 |
| <br>Crunch                      | <br>Airplane Upper         | <br>Little v-up               | <br>Little v-up               | <br>Plate V-up                  | <br>Crunch                       | <br>Russian Twist            |
| <br>Prone Crunch                | <br>Double Crunch          | <br>Single Leg Jackknives     | <br>Plate V-up with plate     | <br>MB Crunch with plate        | <br>Walkouts                     | <br>Shoulder Extension       |
| <br>Oblique Crunch              | <br>Single Leg Jackknives  | <br>Bench Knee-up             | <br>Crunch                    | <br>Plate Little v-up           | <br>Straight Arm Crunch          | <br>MB Crossover             |
| <br>Bent Knee Side Crunch       | <br>V-up                   | <br>Prone Crunch              | <br>Back Crunch               | <br>Superman                    | <br>Back Crunch                  | <br>Crunch & Toss            |
| <br>Lying Opposites Lower       | <br>Back Crunch            |                                                                                                                  |                                                                                                                  |                                                                                                                      |                                                                                                                       | <br>Single Arm Toss          |
| <br>Bent Knee Tuck              |                                                                                                               |                                                                                                                  |                                                                                                                  |                                                                                                                      |                                                                                                                       | <br>MB Shoulder Extension    |
| <br>Single Leg Tuck             |                                                                                                               |                                                                                                                  |                                                                                                                  |                                                                                                                      |                                                                                                                       |                                                                                                                   |
| <br>Prone Leg Lift Upper        |                                                                                                               |                                                                                                                  |                                                                                                                  |                                                                                                                      |                                                                                                                       |                                                                                                                   |
| <br>Crunch                      |                                                                                                               |                                                                                                                  |                                                                                                                  |                                                                                                                      |                                                                                                                       |                                                                                                                   |
| <br>Jackknives                  |                                                                                                               |                                                                                                                  |                                                                                                                  |                                                                                                                      |                                                                                                                       |                                                                                                                   |
| <br>Superman                    |                                                                                                               |                                                                                                                  |                                                                                                                  |                                                                                                                      |                                                                                                                       |                                                                                                                   |
| <b>World Cup</b>                                                                                                   |                                                                                                               |                                                                                                                  |                                                                                                                  |                                                                                                                      |                                                                                                                       |                                                                                                                   |
| <br>< 1<br>Twisting Knee Ups    | <br>2 ><br>Bent Leg Raise  | <br>< 4<br>Twisting Leg Raise | <br>< 7<br>Straight Leg Raise | <br>< 10<br>Twisting MB Knee Ups | <br>11 ><br>MB Curl w/Ext        | <br>throw and catch ball     |
| <br>5 ><br>Hanging Curl         | <br>8 ><br>Med Ball Curl   | <br>< 6<br>Hyperext.          | <br>< 9<br>Reverse Hyperext.  | <br>11 ><br>MB Curl w/Ext        | <br>11 ><br>MB Curl w/Ext        | <br>throw ball with one hand |
| <br>< 3<br>Twisting Back Crunch |                                                                                                               |                                                                                                                  |                                                                                                                  |                                                                                                                      |                                                                                                                       | <br>MB Shoulder Extension    |