



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

CORE WORKOUT—2

25 Reps Each(Exercise Ball)

Repeat(2x)

SET 1

Crunches on the Ball

Obliques on the Ball

Reverse Crunches w/ball under knees

SET 2

Ball Transfers

Hamstring Roll Outs

Crunches w/feet on ball

SET 3

Knee Pulls or Pike on Ball

Ball Roll Outs

Supermans on Ball

Finish with Planks or Hip Exercises