

SWITCH2FITNESS CORE STRENGTH COMBO

Combo 1.

A. Single arm Plank 2 Row x 10 each side

B. Bridge x 15

+ 60 seconds High Knee Sprints on the spot

Combo 2.

Repeat A & B

+ 60 seconds of Mt.Climbers

Do 3-5 rounds

Variations

Do Plank 2 Rows on your knees.

Both exercises can be done without out weight.



A.



B.

