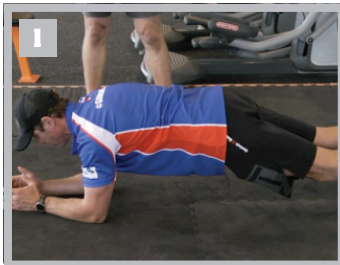


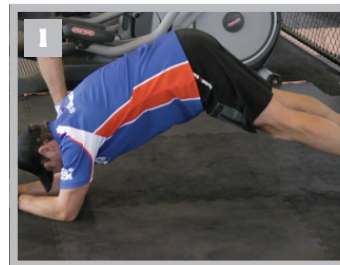
RISE AND GRIND

EPISODE 4 CORE

Circuit 1



1. Front Plank



4. Dolphin Push Ups



2. Lateral Plank



5. Russian Twists



3. Flutter Kicks

- Max 2 mins, Rest, Max 1 min
- Repeat circuit 2-3 times