

Core Finisher: Level 4

Complete 3 rounds as a circuit after your workout, resting 60 seconds between rounds.

BW Hanging Leg Raise

- 30-60 sec
- Keep legs pinned together
- Do not use momentum



SB Push-up to Leg Transfer

- 30-60 sec
- Alternating legs each rep
- Keep back flat, core lifted



BB Standing Rollout

- 30-60 sec
- Control bar out and in with core
- Do not use weight plates with bar



Band Split-Stance Anti-Rotation (Right)

- 30-60 sec, band anchored to right
- Keep arms straight, shoulders down
- Do not let band pull you into rotation



Band Split-Stance Anti-Rotation (Left)

- 30-60 sec, band anchored to left
- Keep arms straight, shoulders down
- Do not let band pull you into rotation



MB V-Up

- 30-60 sec
- Keep arms and legs straight
- Bring MB to toes, control back down

