

the core sizzler circuit workout

For this circuit, you'll need a BOSU, a Swiss ball, and a mat for comfort. Do the exercises below one immediately after each other, resting for one minute at the end before repeating the circuit 2-3 more times.

	Reps
BOSU spiderwoman pushups	12
BOSU mountain climbers	20/side
Swiss ball 'stir the pot'	10 each direction
Hands-to-feet Swiss ball pass	10
Swiss ball oblique knee tucks	10/side
Flutterkick on back	30 seconds
Up-down plank	30 seconds

Rest 1 minute, then repeat!



Exercise descriptions at eat-spin-run-repeat.com