



# WORKOUT OF THE DAY



## Super set Core Training

**What You'll Need:** Stability ball, Medicine Ball, Floor mat.

**Recommendations:** Remember to take sips of water in between stations, rest when you need to, do what feels right for you, check your heart rate, warm up and cool down are essential.

**Warm Up (2X):** High knee, Leg curl, mountain pose to plank, alternated lateral leg squats, jumping jacks, torso twists, woodchopper to back stepping lunge (right then left) 20 second each exercise.

**Supersets** Complete 2 or 3 rounds of 2 exercises 30 seconds each Back-to-back without a break and rest one minute to then start the next 2 exercises. Time and repetitions can be modified according to your fitness level

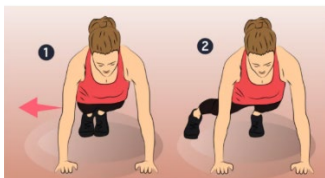


Set 1: Superman ball



Sit-up Wall ball

Rest one minute



Set 2: Plank with toe tap



Supine oblique ball twist

**Cool Down:** take a 5-minute walk and stretch big muscle groups, holding each stretch for 12-20 seconds.