

CORE CONNECTION WEEK 3

Dead Bug	60 SECONDS	1 SET
Bird Dog		
High Knee Torso Rotations		

Heel Taps	10 REPS (EACH LEG)	1 - 3 SETS
Lateral Leg Drop		
Table Top Leg March		
High Plank Leg Raises		

Bear Bird Dog	30 - 60 SECONDS	1 - 2 SETS
Side Plank w/ Leg lift		
Hollow Hold		