



Prairie Fit's Core Circuit

This circuit is designed to work your core.
You will need a timer, mat/towel, and water.

For reference to all the exercises listed, use the videos in our library
(some videos have a low impact and high impact option)

REMEMBER: when laying on mat/towel/ground on your back, roll your hips down so that your lower back touches the mat/towel/ground, do not let your lower back arch, keep chin off chest (about a fist width apart), and breathe

Warm up

- March in place - 2 minutes
- Jog in place - 2 minutes
- Jumping jacks - 2 minutes
- Hamstring curls - 1 minute
- High knees - 1 minute
- Light stretches - 2 minutes

Perform each movement 30 seconds, rest 15 seconds.

Complete circuit 4 times.

- Plank
- Mountain Climbers
- Alternating straight leg raises
- Hover plank/up on all 4's
- V-sit
- Flutter kick
- Russian twist
- Plank

Any questions please contact Brenda Boryca, Fitness Supervisor
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