

Core Bridge Workouts: “DYNAMIC”

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)

Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	

Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	
Date:	All Positions
Seconds Per Bridge Position	
Total Session	