

“Power 10” Mini-Circuit: Core Modifications

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

CORE #1 (Body Weight CORE)

1. Strength
2. ***CORE Bridge: Face Up***
3. Strength
4. ***CORE Bridge: Face Down***
5. Strength
6. ***CORE Bridge: Sides (R-1st Set, L-2nd Set)***
7. Strength

CORE #2 (Stability Ball CORE)

1. Strength
2. ***CORE: SB Face Up Bridge***
3. Strength
4. ***CORE: SB Back Chop***
5. Strength
6. ***CORE: SB Torso Twist***
7. Strength

CORE #3 (CORE Focus & Cardio Rest)

1. ***CORE***
 2. Cardio
 3. ***CORE***
 4. Cardio
 5. ***CORE***
 6. Cardio
 7. ***CORE***
- Perform CORE exercise of choice at each strength station. This design makes the circuit “CORE-focused” for your trunk area only.