



ab-ra kadabra



Do 1 set of each exercise in block A, short break, repeat 2x then move on to block B.

foam roll, stretch, + hip/core warm up encouraged

Circuit	Exercise	Sets/Reps	Notes
A	towel slide out	3 x 8	Round your low back, only go as far as you can maintain the round (the only time i'll ever say this)
	Side plank Saw	3 x 8	Keep shoulder squeezed down away from ear, and keep hips high
	Pikes	3 x 12	Think of a rope pulling your tailbone to the ceiling
<i>Minimal rest, 3 rounds</i>			
B	Plank Saw	3 x :20	Only go as far as you can keep a flat low back, no over-arching
	Ukrainian Twists	3 x :20	Chest broad, legs still
	V-Ups	3 x :20	back flat
<i>Minimal rest, 3 rounds</i>			