



 Barb's Fit For Life®

10 Minute Core Workout #4 (bodyweight only)

CIRCUIT: Perform as many rounds as possible in 10 minutes, resting as needed.

Exercise	Reps	Notes
1) Double-Leg Extension	12x	
2) Snakes	12x	12 times total (6 ea way, alternating sides)
3) Swimming	12 sec	Perform swimming motion for 12 seconds
4) Plank on elbows	Hold 5-30 seconds	Modify hold time as necessary for your fitness level.