



 Barb's Fit For Life

## 10 Minute Core Workout #1 (with stability ball)

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

Exercise	Reps	Notes
1) Ball Crunch	12x	You may place toes against wall for support, if needed
2) Long-Lever Ball Crunch with Rotation	12x	Each rotation counts as 1 repetition
3) Snakes	20x	
4) Plank on Elbows	Hold	Hold from 10-30 seconds