Core Finisher: Level 1

Complete 2 to 3 rounds as a circuit after your workout. Rest 90 seconds between rounds.

**MB Russian Twist**
- 30-60 sec
- Keep arms straight
- Pause briefly at center

**SB Leg Transfer**
- 30-60 sec
- Keep legs straight
- Do not allow back to sag

**MB Toe Touch**
- 30-60 sec
- Keep legs straight and pinned together
- Bring MB up as high as possible

**Prone Fly**
- 30-60 sec
- Hands touch above head and back
- Keep arms and legs elevated

**Flutter Kicks**
- 30-60 sec
- Keep legs straight, torso still
- Alternate legs with control

**Front Plank**
- Hold plank for 30-60 sec
- Keep legs straight, elbows under shoulders
- Do not allow back to sag

More like this available at voltathletics.com

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