

Brace & Race

Equipment: stability ball, bench or surface knee-height



Aim to move continuously from one exercise to the next, resting as needed. Rest for 60 seconds at the end of each round.

Each circuit is four minutes long (including rest). Complete three to six rounds, based on the time you have available and your energy level for the day.

Exercises	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6
A1: Stability Ball Plank — 30 sec.						
A2: Pop Squat — 30 sec.						
A3: Stability Ball Leg Curl — 30 sec.						
A4: Scissor Run — 30 sec.						
A5: Stability Ball Jackknife — 30 sec.						
A6: High Knees — 30 sec.						
Notes:						