

## 10 min Core Home Workout

Perform 4 rounds of the following circuit, rest as needed

<b>Exercise</b>	<b>Weight</b>	<b>Reps</b>
Crunches	N/A	15
Leg Raises	N/A	15
Reverse Crunches	N/A	15
Jack Knives	N/A	10

**Finisher:** 1 min of Bicycles