

Core training program

Routine 3

Advanced difficulty level - Equipment used

1. Swiss ball plank - 90 seconds
2. Swiss ball glute bridge - 90 seconds
3. Theraband side-steps - 2 minutes
4. Theraband lateral raises - 90 seconds
5. Hamstring pulls - 90 seconds
6. Swiss ball tuck-in - 1 minute
7. Swiss ball torso twist - 1 minute