

Fill out date, number of repetitions, and amount of weight or time by downloading the PDF, or by using the markup tool in your photo app. Follow workout in consecutive order using descriptions for proper technique and progression. Click on exercise for description and video provided by [ACE fitness library](#).



**Date:**

<b>Workout Type:</b>	Core
<b>Skill Level:</b>	Beginner
<b>Duration:</b>	45 minutes

8-10 Repetitions for Bulk Muscle* 12-15 Repetitions for Lean Muscle*
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**Circuit 1:** Start by completing the warm-up, then go through the exercises in order before moving on to the second set.

Exercise	Equipment	Repetitions	Modification	Step-It Up
Warm Up: <a href="#">Pelvic Tilts</a>	Body Weight		Standing	Use hands as a guide
1. <a href="#">Glute Bridge</a>	Body Weight	S1:	Walk feet further away from body	Add weight; place over pelvis
		S2:		
2. <a href="#">Dirty Dog</a>	Body Weight (1 leg at a time)	S1:	Go down to forearms mat or pad for knee	Isolation hold at the end of each set
		S2:		
3. <a href="#">Donkey Kicks</a>	Body Weight (1 leg at a time)	S1:	Go down to forearms mat or pad for knee	Isolation hold at the end of each set
		S2:		

**Circuit 2:** Start by completing the warm-up, then go through the exercises in order before moving on to the second set.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
Warm Up: <a href="#">Straddle</a>	Body Weight			Elbows drop away	Elbow to floor
1. <a href="#">Trunk Rotation</a>	Medicine Ball	S1:	S1:	Hold weight closer to body	Touch weight to floor each rotation
		S2:	S2:		
2. <a href="#">Hay Baler</a>	Medicine Ball (1 side at a time)	S1:	S1:	Place mat or pad under knee	Isolation hold at end of each set
		S2:	S2:		
3. <a href="#">Kneeling ABC</a>	Stability Ball	S1:	S1:	Keep ball closer to body	Push ball farther from body
		S2:	S2:		

**Circuit 3:** Start by completing the warm-up, then go through the exercises in order before moving on to the second set.

Exercise	Equipment	Repetitions	Modification	Step-It Up
Warm Up: <a href="#">Hollowing</a>	Body Weight		Opposite leg out	Use hands as a guide
1. <a href="#">Dead Bugs</a>	Body Weight	S1:	Rest arms and feet on floor between lifts	Extend leg out to be parallel with floor
		S2:		
2. <a href="#">Supine March</a>	Body Weight (alternating legs)	S1:	Hands over stomach	Add arm movement
		S2:		
3. <a href="#">Crunch</a>	Body Weight	S1:	Lift feet off of floor knees at 90 degrees	Longer hold at top of movement
		S2:		

For More Information: Visit Campus Recreation's website to schedule a [free wellness consultation](#) or email [rec@pitt.edu](mailto:rec@pitt.edu). If you print out the workout, or if the links are broken, visit [acefitness.org](http://acefitness.org) and click on exercise database & library to search for the description and video of the exercises.

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**Burnout:** Try to hold these exercises for as long as you can. Fill out the time completed below to track progress.

Exercise	Equipment	Time	Modification	Step-It Up
1. <a href="#">Side Plank Left</a>	Body Weight	S1:	Weight on knees/ Use forearm	Extend the legs/ go to palm of hand
		S2:		
2. <a href="#">Side Plank Right</a>	Body Weight	S1:	Weight on knees/ Use forearm	Extend the legs/ go to palm of hand
		S2:		

<b>Cool Down:</b>	Static Stretching: <a href="#">Cobra</a> 2x hold for 20 secs; <a href="#">Downward dog</a> 2x hold for 20 secs; <a href="#">Childs Pose</a> 2x hold for 20 secs
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