

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:

Workout Type:	Core
Skill Level:	Intermediate
Duration:	30 minutes

8-10 Repetitions for Bulk Muscle* 12-15 Repetitions for Lean Muscle*

Warm-Up: Elliptical for 2 to 5 minutes; Overhead Reaches 30 seconds; Spinal Rotations 30 seconds

Circuit 1: Complete exercises back-to-back with a rest between sets.

Exercise	Equipment	Repetitions	Time	Modification	Step-It Up
1. Bird-dog	Body Weight	S1L:	S1L:	Keep limb height lower	Place light dumbbell in hand that is lifting
		S1R:	S1R:		
		S2L:	S2L:		
		S2R:	S2R:		
2. Front Plank	Body Weight	S1:	S1:	25-30 seconds for only 5 reps	Keep hips lifted through movement
		S2:	S2:		

Circuit 2: Complete exercises back-to-back with a rest between sets.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. Pull-Over Crunch	Kettlebell or dumbbell	S1:	S1:	Just use body weight	Slow down eccentric movement
		S2:	S2:		
2. Side Rolls	Light dumbbell	S1L:	S1L:	Slow down rotation	Use a kettlebell instead to offset center
		S1R:	S1R:		
		S2L:	S2L:		
		S2R:	S2R:		

Circuit 3: Complete exercises back-to-back with a rest between sets.

Exercise	Equipment	Repetitions	Time	Modification	Step-It Up
1. Reverse Crunch	Body Weight	S1:	S1:	Hands under low back	Straighten legs
		S2:	S2:		
2. Bicycle Crunches	Body Weight	S1:	S1:	Extended leg on the ground	Slow down twists
		S2:	S2:		

Circuit 4: Complete exercises back-to-back with a rest between sets.

Exercise	Equipment	Repetitions	Weight	Modification	Step-It Up
1. Trunk Rotation	Medicine Ball or dumbbell	S1:	S1:	Come up to the balls of the feet to assist	Fully extend arms at shoulder height
		S2:	S2:		
2. Hay Baler	Medicine Ball or dumbbell	S1L:	S1L:	Slight bend in the arm	Slow down movement
		S1R:	S1R:		
		S2L:	S2L:		
		S2R:	S2R:		

Cool Down: Child's pose to cobra x 5

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