# Core No.3
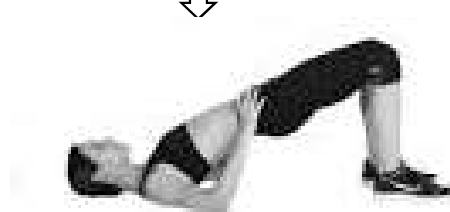Do the sets in order. 30-60s per exercise. No rest between sets

**Set 1**          **Set 2**          **Set 3**          **Set 4**



Butt slightly elevated
Back straight
Head aligned with eyes cast towards the ground
Crossed feet
Elbows with a similar openning of your shoulders. They have to stay lightly in front of your shoulders

Back straight
Head aligned with eyes cast towards the ②
Bring your knee to your arm of the same body side