

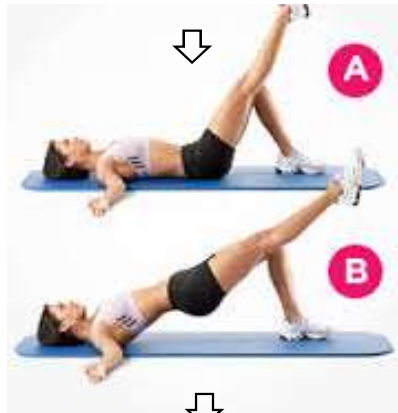
Core No.6

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

Set 1



Set 2



Set 3



Set 4

