

# 555 CORE CIRCUIT

SWEAT

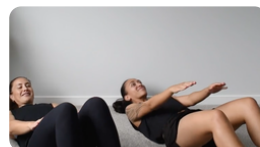
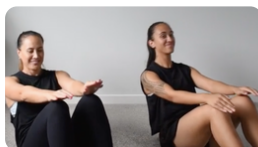
## HOW IT WORKS:

5 EXERCISES, 5 REPS, 5 ROUNDS

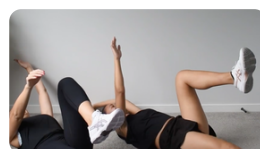
## GET CREATIVE:

SWITCH UP THE EXERCISES OR ADD REPS!

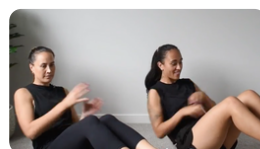
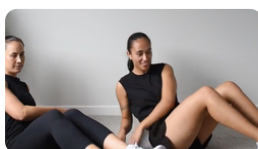
### 1: SIT UPS



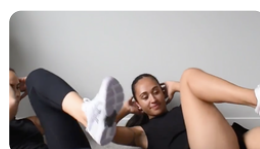
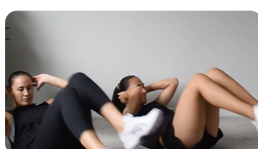
### 2: DEAD BUGS



### 3: TWISTS



### 4: BICYCLES



### 5: ANKLE TAPS

