



A-GAME STRENGTH & FITNESS.

To challenge yourself to an advanced level and convert this routine into a full-body workout, add push ups by circuiting sets of as many as you can correctly do after each CORE exercise, with 30-45 seconds between supersets.

Example: Do Seated Twists followed by 10 push ups. Then do 30 seconds of recovery → Ball Crunch followed with 10 push ups → 30 seconds rest → CORE #3 immediately followed with push ups.

Example	Workout
GRAPHIC	Leg Raises 2 x12
GRAPHIC	Seated Twists – w/basketball 2x15
GRAPHIC	Ball Crunch 2x15



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	Sprints – 100 yards (low intensity)	5 reps
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