

Core Circuit



Chris Gordon
© Copyright RYA

V-Sits



Swiss ball. Single leg Balance & press



Split Squat & Rotation



Prone Cobra & Military Press



Kneeling Balance & Lift



Straight Arm Pulldowns



½ Squat & Rotator Cuff



Sideys



Single Leg Squat & Cable pull



Single Leg Squats



Hip Abduction with Cable

