



LOCKER ROOM
BUILTFORHER.COM

CORE CRUSHER

APRIL 2024 CHALLENGE

INSTRUCTIONS: Complete each exercise in a row for time and rest specified. Repeat as a circuit 3-4x, resting 1-2 minutes between rounds.

WHAT YOU NEED: A PAIR OF 5-8LB DUMBBELLS

:15 DB V-UPS

:15 seconds rest

:15 DB BICEP CURL TO SIT UP

:15 seconds rest

:15 DB JACK-KNIVES

(TRANSFER DB FROM HANDS TO RESTING ON TOP OF ANKLES)

:15 seconds rest

:15 DB HOLD REVERSE CRUNCH ROTATIONS

:15 seconds rest

:15 DB RUSSIAN TWIST

:15 seconds rest

:15 HOLLOW ROCK

Recover

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