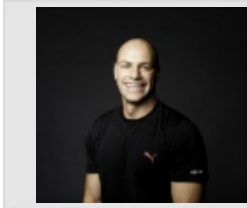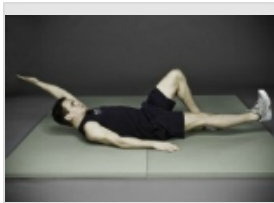| Name:	Mark Clattenburg
Training:	Exercise program 1
Created by:	Roman Jahoda

01 Hello Mark, use the following parameters (30-30). Have fun! :-)

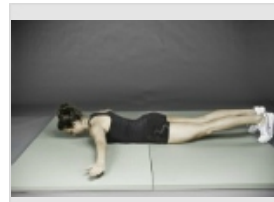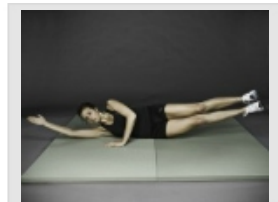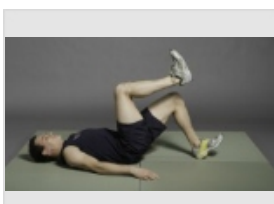| Duration	Recovery	Sets
30 sec	30 sec	1-2

Stabilisation - circuit

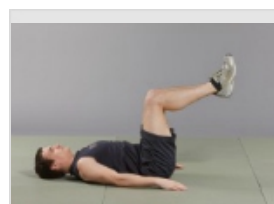**02** ventral core muscles
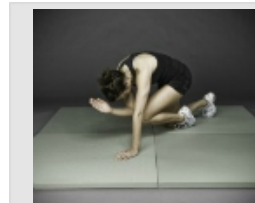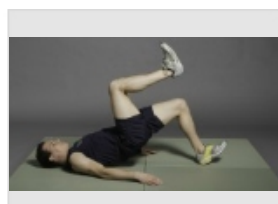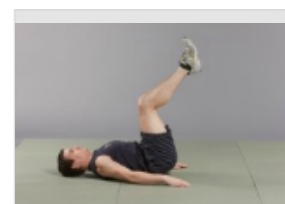
03 dorsal core muscles

04 lateral core muscles

05 arms
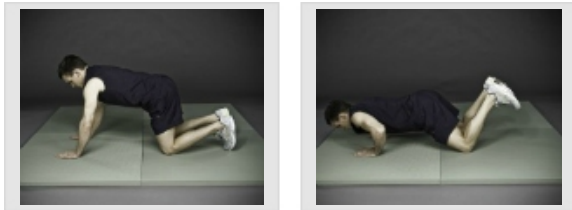
06 legs: 15sec each
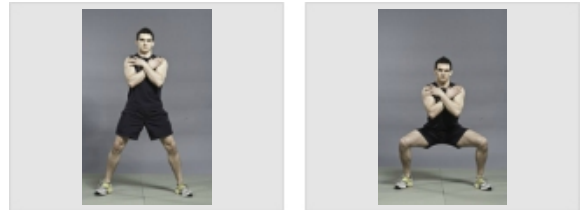
07 ventral core muscles
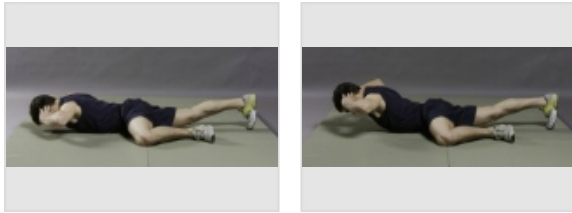
08 dorsal core muscles
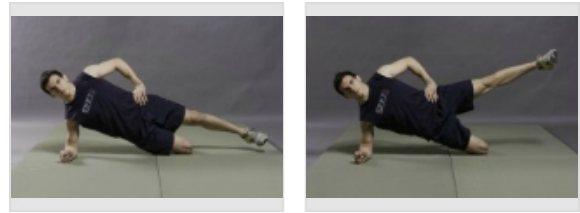
09 lateral core muscles
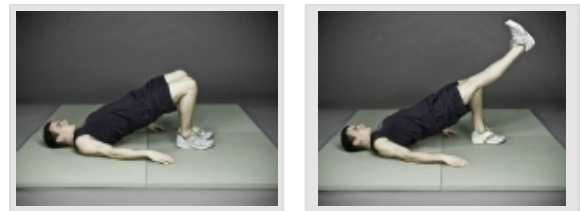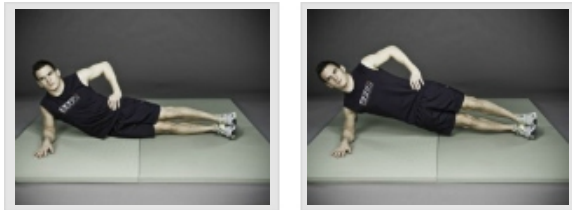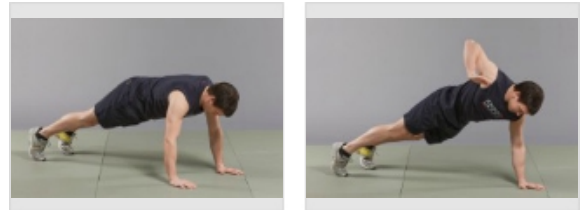
10 arms

11 legs: wide squats
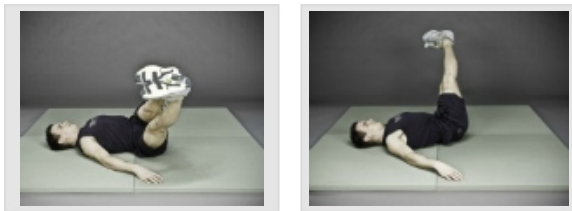
12 ventral core muscles

13 dorsal core muscles

14 lateral core muscles

15 arms

16 legs: move your upper leg up and down