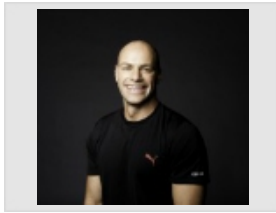


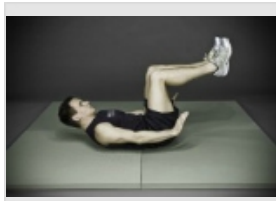
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 Training: Exercise program 2  
 Created by: Roman Jahoda



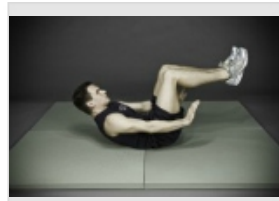
**01** Circuit number 2!

Duration	Recovery	Sets
30 sec	30 sec	1-2

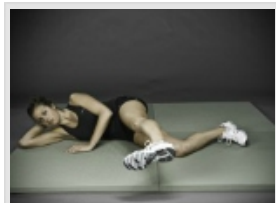
## Stabilisation - circuit



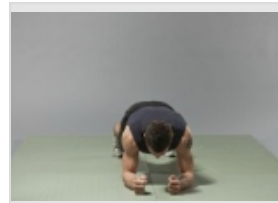
**02** ventral core muscles



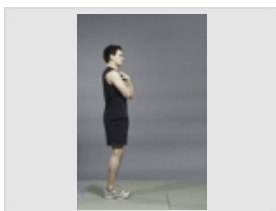
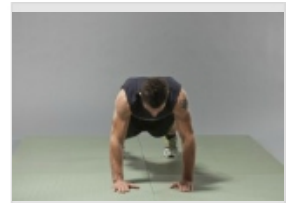
**03** dorsal core muscles



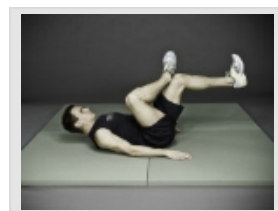
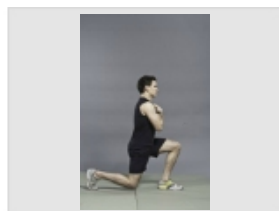
**04** lateral core muscles: big circles to the outside



**05** arms: change between plank and push-up position



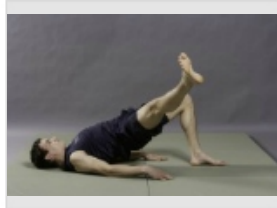
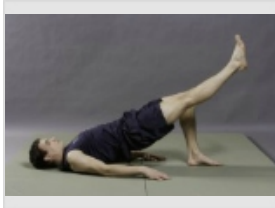
**06** legs



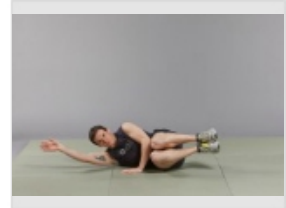
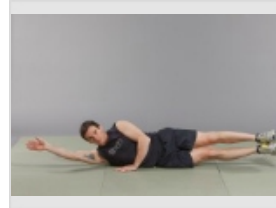
**07** ventral core muscles: move your hips up and down



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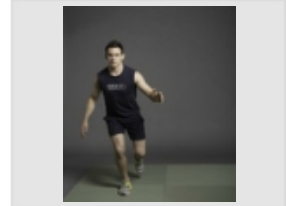
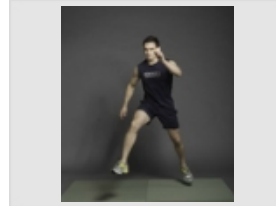
**08** dorsal core muscles: move the upper leg to the outside (2 times each side)



**09** lateral core muscles



**10** arms



**11** legs: jumps right and left (hold for 2 sec each)



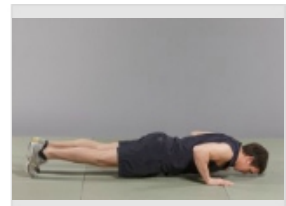
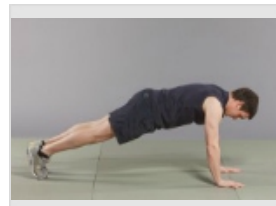
**12** ventral core muscles



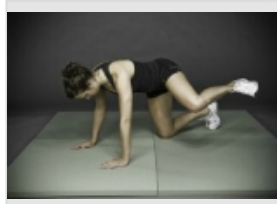
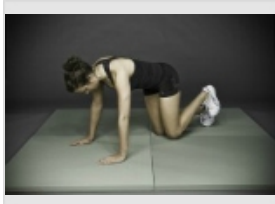
**13** dorsal core muscles



**14** lateral core muscles



**15** arms



**16** legs